

Training Name: Specialty

Course Name: Mission-Ready: Performance Wellness for First Responders

Dates: 01/07/2025 - 01/07/2025

Venue: Garland Police Department
Garland, TX 75042

Price: \$200

Instructors: Rebecca Rouse

Course Description:

Mission-Ready: Performance Wellness for First Responders

07 January 2025

0800-1700

Price: \$200

Garland Police Department

1891 Forest Lane

Garland, TX 75042

The law enforcement profession requires officers to perform physically and cognitively-demanding tasks around the clock. The way you train, fuel, recover, and breathe, and how you treat your mind and body when off shift, will directly impact your job performance, career longevity and health outcomes. This course is designed to empower you to take control of your fitness and wellness so that you can be an asset to your teammates, to your family members, and to the people you serve and protect.

Topics to be covered include:

- Fitness & movement: train in a way that carries over to the demands of the job
- Why and how to train for different fitness adaptations: strength, power, speed, hypertrophy, agility, endurance
- Mobility training: how to improve joint mobility and range of motion
- Nutrition: what the heck should I eat?
- Hydration's role in physical and cognitive performance
- Importance of sleep for overall health and wellbeing, and how to improve it
- Impacts of sleep deprivation
- Other ways to improve recovery, mind/body restoration, and wellness
- The power of the breath
- Using breathwork to regulate the nervous system - on the job, at home, or when transitioning from one to the other

Equipment Needed:

- Fitness attire that you can move in
- Hydration source
- Weighted vest
- Towel and swimming attire (for cold plunging)

Bio - Rebecca Rouse

Rebecca Rouse is a tactical strength & conditioning coach (TSAC-F), a top 3 nationally-ranked competitive weightlifter, and the wife of a United States Marine. She has over a decade of coaching and leadership experience in the fitness industry, and now primarily focuses on training and educating tactical athletes - law enforcement, firefighters, and military personnel - as well as veterans. Her passion for health and wellness stems from her own journey battling chronic illness, which rendered her ineligible for military service in 2010. After founding her company, Semper Stronger, in 2020, she now travels around the country working with uniformed personnel on strategies for improving their fitness, wellness, and quality of life.

Training Description:

TTPOA believes in bringing in some of the best instructors in the country to share their knowledge and experience. If you have requests for a specific instructor or course, contact your [Regional Director](#).