

Local police take next step in reaching fitness goals

By Ivy Farguheson

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If knowledge is half the battle, then the Stevens Point Police Department's work with the University of Wisconsin-Stevens Point fitness team is getting them through the conflict that is maintaining a healthy lifestyle.

After six weeks of meeting with fitness coaches and changing eating habits, the officers and their spouses met with the UWSP team to peruse their personal health reports and to learn more about the importance of exercise in their lives.

"Sometimes you want to do these things, but you don't know how," said Linda McCulley, a retired Stevens Point police officer participating in the fitness program. "You don't know how to exercise, what's beneficial and you don't want to waste time."

With a presentation by Brad Zinkel and Troy Barnes, students from the UWSP Health Promotion and Health Education department, the group discussed the importance of exercise and its ability to be done in any place at any time.

"I think a lot of people are scared of exercise because they associate that with being in (the gym)," said Barnes, a senior graduating at the end of this month. "Being able to hear from someone else that you don't have to do that, you can do whatever you want that gets your heart rate up ... that's all you need."

The session began with the fitness group going over the personalized health reports that covered cholesterol levels, triglyceride levels and more. The tests were done six weeks ago, but it was important to give the group a personalized report to keep them on track, said Dr. Sallie Scovill.

"The longer it takes to get their results back, the more likely it is they're going to forget," she said. "We want to have a plan and be ready to go."

The plan includes more exercise during a time of year when most want to stay indoors.

"(This) gives them an incentive," said Zinkel, another graduating senior at UWSP. "(It) brings to the foreground that they should be active ... instead of staying sedentary all day."

After seeing demonstrations on how everyone can move whether at work or at home, Lt. Ron Carlson is happy that everyone is in this together.

"I like that we're all together rather than doing this separately," he said. "It's not going to be forgotten."



Brad Zinkel, left, and Troy Barnes, both students in the Health Promotion and Health Education department at the University of Wisconsin-Stevens Point, demonstrate how to use an exercise band. Retired Stevens Point Police Officer Linda McCulley looks on.