To: LawFit Workshop Participants

From: Dr. David L. Bever

Re: LawFit Fitness Leadership Workshop Materials and Training Gear

Date: 2016

1. LawFit Workshop participants will meet at the Roanoke Police Academy for each day’s classes.
2. Throughout each day participants will need to wear workout apparel (shorts, warm-up suits, sweat pants, t-shirts, and running shoes). **No street clothes please.** Because of the vigorous activity schedule, it is suggested that each officer bring two sets of workout gear: (one for the morning sessions and one for the afternoon sessions). **During the work performance testing session it is suggested that participants wear BDU’s and an agency t-shirt or sweatshirt.**
3. All participants will need to bring a combination lock for storage of valuables during the activity sessions. They will also need to bring two towels for post-workout showers.
4. Participants should bring several pens, No. 2 pencils, a **calculator*,*** and a notebook to each workshop session.
5. If you have any questions about the LawFit Workshop, Dr. Bever can be reached at:

(703)-591-1759 or (703)-424-6154.