**LawFit Challenge**

Since the terrorist attacks of 9-11-01, law enforcement officers have been called upon to perform increasingly diverse duties in support of military and national security personnel. Officers need to have a high level of fitness to maintain a constant state of readiness. In 2002 the LawFit Challenge was established to promote the importance of fitness for public safety personal and to reward those who are fit to serve. Local, state, and regional Challenges have been developed to test the abilities of competing officers who then have the opportunity to compete in the **National LawFit Challenge**. Now in its 14th year, the **National Challenge** is held each summer in Olive Branch, Mississippi, through the generous support of the citizens of Olive Branch and Desoto County and the leadership of the men and women of the Mississippi Highway Patrol.

**LawFit Challenge Components**

The LawFit Challenge consists of a series of six fitness and job-related competitive events that measure an officer’s ability to perform in high stress situations:

STRENGTH & FLEXIBILITY

* Bench Press: One-repetition maximum bench press (1RM) - based on percentage of body weight lifted.
* Pull-Ups
* One-minute timed sit-up test
* Sit and reach flexibility test

CARDIOVASCULAR EFFICIENCY:

* 1.5 Mile run

WORK PERFORMANCE:

* 200-yard agility course: Comprised of a series of simulated obstacles, including a 3’ drainage ditch, 5’ wall, stairs, windows, rescue of a downed officer/victim, apprehension & handcuffing of a suspect, and successful simulated shooting of a perpetrator.

These tests have been found to be excellent predictors of an officer’s fitness for duty. Scores for the events are age and gender adjusted to provide a fair and equitable opportunity for all participants. In addition to the individual officer competition, participants may be on a variety of teams: four person and pair’s teams consisting of either two males, two females, or one male and one female.

**The LawFit Challenge embodies what it means to wear the badge by testing one’s strength, stamina, toughness, and grit.**

**Do your officers have what it takes to be worthy competitors?**