

Fall/Winter Newsletter



What a Year!

JD Leach - Director of Law Enforcement Operations

We've had quite the year and we aren't slowing down as the year wraps up.

Our Injury Prevention & Performance Optimization Course officially received the certified stamp of approval by the International Association for Continuing Education and Training (IACET). This means that participants are eligible for 24 CEU credits from attending the course and passing the exam.

This year we had the pleasure of teaching at several different sites across the state of Louisiana. We are so thankful to the agencies

that continue to welcome us with open arms as we expand our reach across the southeastern United States.

In 2026, we look forward to publishing research related to our Functional Readiness Assessment, which is designed to meet the need for an occupation and movement specific fitness test.

Thank you for your continued support of 1 Community and the vision we have for serving the law enforcement community. We wish you a happy and safe holiday season.

In this newsletter you can expect:

On the Dietitian's Plate

Start the Year STRONG

Staying Healthy Through the Holidays

Turning Routine Into Movement

Keeping Recruits Safe:

VIPD - Preferred Healthcare Network



From the Dietitian's Plate

Healthy Eating at Holiday Parties

Holiday gatherings are meant to be enjoyed, not survived. Food is part of celebration, culture, and connection, so the goal isn't restriction, it's balance. Before heading to a holiday party, try not to arrive overly hungry. A balanced snack with protein and fiber, like Greek yogurt, fruit and nuts, or a small turkey wrap, can keep you from feeling like you need to eat everything at once. Once you arrive, take a moment to look over the options before you fill your plate. Choose your favorites first, build in lean proteins and vegetables when you can, and enjoy seasonal treats without guilt.

Holiday Sweet Potato Salad

Ingredients

- 3 large sweet potatoes, peeled and cubed
- ½ cup plain Greek yogurt (full-fat or 2% works best)
- 1 Tbsp Dijon mustard
- 1–2 Tbsp olive oil
- 1 Tbsp apple cider vinegar
- ½ tsp garlic powder
- ½ tsp smoked paprika
- ¼ cup chopped celery
- ¼ cup chopped red onion
- ¼ cup chopped parsley or cilantro
- Salt & pepper to taste



Instructions

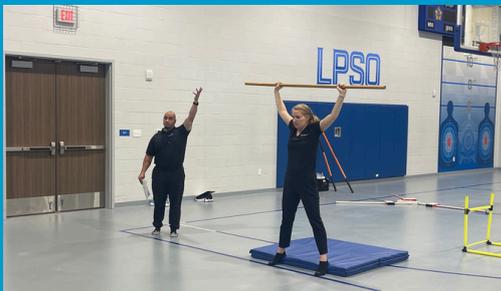
1. Bring a large pot of salted water to a boil. Add sweet potatoes and cook until just tender. (about 10–12 minutes)
2. Drain, then spread potatoes on a sheet pan to cool slightly (this keeps them from getting mushy).
3. In a mixing bowl, whisk together Greek yogurt, olive oil, vinegar, Dijon, garlic powder, paprika, salt, and pepper. Toss cooled sweet potatoes with celery, red onion, and parsley.
4. Gently fold in the yogurt dressing until everything is coated.
5. Chill at least 30 minutes before serving to enhance flavor.
6. Top with pecans or pomegranate seeds for a festive holiday crunch.

Call [\(225\) 819-1175](tel:2258191175) to schedule an appointment with one of our dietitians. Appointments are available in-person and via Telehealth. [Learn More](#)

Start the Year Strong

Attend our Injury Prevention & Performance Optimization 3 Day Course

The three-day course equips law enforcement instructors with essential skills to set, track, and achieve performance goals using techniques like periodization, progressive overload, and recovery strategies. Attendees gain comprehensive knowledge of exercise prescription, biomechanics, and occupational fitness principles to boost performance and long-term health. The course includes training on movement screens for baseline data collection to inform exercise plans, goal setting, and return-to-work protocols. Practical sessions cover injury prevention strategies, including effective warm-up and cool-down routines, stretching, and corrective exercise techniques to maintain musculoskeletal health, ensuring cadets and officers are prepared for the demands of their roles.



READINESS ASSESSMENTS

Participants will learn how to conduct movement and fitness assessments designed to identify mobility restrictions, strength imbalances, and risk factors that may compromise performance or increase injury risk.



CORRECTIVE EXERCISE

Instructors provide evidence-based strategies to address physical limitations through targeted mobility, stability, and strength exercises—improving function and reducing injury potential in the field.



PROGRAM DEVELOPMENT

Participants will gain the tools to develop and implement structured, job-specific training programs that align with operational demands, supporting long-term performance and wellness.



www.brgeneral.org



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225-921-6179

NEXT CLASS

Wed 1/14/26 - Fri 1/16/26

LIVINGSTON PARISH SHERIFF'S OFFICE

Contact JD Leach with any questions



Cost: \$950 per person
Register online at:
brgeneral.org

WANT A REFERENCE?

ASK YOUR FRIENDS AT OUR PREVIOUS
HOST AGENCIES:

- LIVINGSTON PARISH SHERIFF'S OFFICE
- ZACHARY POLICE DEPARTMENT
- EAST BATON ROUGE SHERIFF'S OFFICE
- LAFAYETTE PARISH SHERIFF'S OFFICE

Cold Weather, Clear Mission: Staying Healthy Through Flu Season

Get your annual flu vaccine early.

- You interact with hundreds of people a week, increasing exposure risk. A quick vaccine can reduce severity, sick days, and spread within your department.

Prioritize good sleep.

- Long shifts and overnight calls make rest tough, but lack of sleep weakens the immune system. Even short naps or consistent bedtime routines can help the body recover.

Keep hand sanitizer handy.

- From door handles to report writing stations, germs travel fast. Keep sanitizer in your patrol unit, pocket, or duty belt, and use it after public contact or gear exchanges.

Wipe down shared equipment.

- Radios, MDTs, steering wheels, gym equipment, and booking areas get touched by many hands. A quick wipe reduces transmission and protects both officers and community members.

Stay hydrated.

- Cold air is dehydrating, and dehydration stresses the immune system. Keep a water bottle nearby and sip throughout your shift, even if you don't feel thirsty.

Fuel with nutrient-dense foods.

- Lean proteins, fruits, veggies, and whole-food snacks keep the immune system strong. Small choices, like swapping processed snacks for nuts or fruit, make a difference.

Wash hands often.

- Sanitizer is great on the go, but soap and water are still the gold standard. A 20-second wash removes germs better and reduces infection risk.

Sick Happens. VIPD is here for you.

The VIPD Program supports your health on and off the job. Baton Rouge General and our network of physicians provide law enforcement officers with convenient, high-quality primary care, access to specialists, virtual visits when you're on the go, priority appointment scheduling, and emergency care when you need it most. Our goal is simple: to keep you healthy, strong, and ready every day. Care services are paid through insurance and enrollment in the program is **FREE**.



Baton Rouge General

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TODAY

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QR Code



The Daily Shift: Turning Routine Into Movement

DEREK LEGE - LEAD HEALTH & PERFORMANCE COACH

As the cooler months roll in, it can be tempting to settle into routine and slow down. With long shifts, heavy gear, and demanding calls, finding time to “work out” often feels impossible, and that’s exactly why everyday movement matters. The body doesn’t need perfection, it needs consistency. Small, intentional bursts of movement built into your day can improve mobility, reduce stiffness, boost mood, and build long-term durability. You don’t have to be in a gym to get stronger; your shift can become your training ground.

Think simple: park farther from the entrance, choose stairs over elevators, squeeze in a few squats or calf raises during briefing, or stretch tight areas after calls. During paperwork or report writing, change positions (stand for part of the time, shift feet, roll shoulders), or perform core engagement drills. If you’re in a patrol unit, take one extra walk-around each hour to break up long periods of sitting. These small changes help counter back stiffness, hip tightness, and circulation issues that build up over time.

Remember: your body is your most valuable piece of equipment, and it needs regular maintenance. A little extra movement each day makes you more resilient on the job, lowers injury risk, keeps your mind sharper, and builds habits that last beyond the uniform. You don’t have to overhaul your life to feel better. Just start with one change, one movement, one moment at a time. The mission is simple: keep moving.

HERE ARE SOME IDEAS..

1. Take the Stairs
2. Walk on phone calls when possible.
3. Set a timer to stand, stretch, or move every 45–60 minutes, especially after long periods of driving or desk work.
4. Do quick mobility breaks: shoulder rolls, hip stretches, ankle circles, or bodyweight squats.



Keeping Recruits Safe: Lessons from Recent AP Findings

ALLISON ROBINSON MA, ATC, LAT, CES

Earlier this year, the Associated Press published an investigative report highlighting a concerning rise in police cadet deaths and serious injuries during academy training. Although these cases are rare compared to the number of recruits nationwide, the report underscored a dangerous theme: many incidents were linked to preventable causes such as heat illness, cardiac events, undiagnosed medical issues, and extreme physical stress without proper monitoring. The purpose of academy is to build stronger, more resilient officers. That mission is never served when training pushes a recruit beyond a safe threshold.

For academy directors, this report provides an opportunity not just to react, but to lead. The culture of “tough it out” still lingers in many training environments, even though modern tactical performance research shows that well-managed, progressive intensity produces better results with fewer injuries. However, there is absolutely a time and a place for toughness in recruit academies. Screening and clearance are the first line of defense. Comprehensive medical evaluations, heat illness risk factors, and movement assessments can identify recruits who need modifications or closer monitoring. Fitness testing should match real job demands, not outdated ideas about what “hard” looks like.

Another priority is building smart training systems. Hydration protocols, rest intervals, acclimatization to heat and environmental stress, and using certified strength and conditioning professionals can dramatically reduce risk. Staff should be trained to recognize signs of exertional heat stroke, cardiac distress, and rhabdomyolysis, conditions that escalate fast but are treatable if caught early. Every academy benefits from having a clear emergency action plan, AED access, and medical oversight during training events. Take note of what elective content your staff is consuming during training season.

Prioritizing prevention, recovery, and structured progression, leads to recruits graduating stronger, departments gaining healthier officers, and communities being served by professionals whose bodies and minds are prepared for long careers. The AP report is a warning, but also an opportunity to lead reform that saves lives.

Don't know where to start? Let's Connect.



WELLNESS PROGRAMS, INJURY PREVENTION,
FITNESS TESTING, IN-SERVICE OPTIONS

[EMAIL](#)



THANK YOU

Your dedication, professionalism, and commitment to protecting our community do not go unnoticed. We are grateful for your service, your partnership, and the sacrifices you make every day to keep others safe.

As we enter the holiday season, we hope you find moments of rest, connection, and joy with the people who matter most. From all of us at 1Community and Baton Rouge General, we wish you a safe, healthy, and happy holiday season.

