

East Central Illinois Mobile Law Enforcement Training Team

MTU #13

Course Announcement

Officer Health Wellness and Fitness with Steve Petrilli

October 15th, 2026

0830-1630 Hrs

Denny Stewart Training Center

3121 Dewitt Avenue

Mattoon, IL.

Submit enrollment to:

Registration form at

www.mtu13.com,



COURSE OVERVIEW: This class will provide fact-based information and debunk the numerous nutrition, health and wellness "fads" that exist. I will empower attendees with science-based information to make positive changes to their nutrition, fitness, and overall health. Attendees will leave this training session with the knowledge and resources to have better informed conversations with their personal physicians and ultimately become the best advocates for their own health optimization.

This course is designed for administrators/supervisors as well as line staff. This program is interactive and will take a commonsense approach to explaining the subject of health, wellness, and fitness. The training will cover in detail - not vague suggestive terms - how to build a successful wellness/fitness program for individuals as well as organizations

Topics include:

- 1) Insulin Resistance, Inflammation, Heart Health, Disease Prevention and how they are related.
- 2) Guidance to help attendees understand their own blood work and how it relates to overall health.
- 3) Employee Wellness Program and how to gauge success in wellness/fitness programs to include pre- and post-testing options and how to fund them.
- 4) Nutrition instruction
- 5) How proper nutrition protocols directly relate to improved blood health markers

- 6) The importance of adequate sleep, stress reduction, hydration and recovery.

Observed Mandates Include:

Officer Wellness

Steve Petrilli has served as the chief of police for the **Normal Police Department** since 2022. In this role, Petrilli leads officers dedicated to protecting the rights and property of those who live, work and visit our community.

Petrilli joined the Town of Normal in 1999. During his tenure, he's worked as a patrol officer, recruiter, field training officer, Emergency Response Unit (ERU) team member and as a K-9 handler. In 2007, he was promoted to sergeant where he served as a supervisor in the Patrol Division, ERU, Pro-Active Crimes Unit and the Vice Unit. In 2012, Petrilli was promoted to lieutenant and served as a patrol commander until being named assistant police chief in 2015. As an assistant chief, Petrilli worked in all facets of Operations and Support Services.

Petrilli earned a Bachelor of Science in 1998 from Illinois State University, Normal. He is a graduate of the Northwestern School of Police Staff and Command Session #250 and the 264th session of the FBI National Academy in Quantico, Virginia. Most recently, he was selected to the 80th Session of the FBI Law Enforcement Executive Development Seminar (LEEDS) which he successfully completed in August 2022.

He is a member of the following organizations: President of the State of Illinois Chapter of the FBI National Academy Association (FBINAA), Illinois Association of Chiefs of Police (ILACP serves as chair of the organizations Officer Wellness Committee), the Chiefs of Larger Illinois Cities (CLIC), International Association of Chiefs of Police (IACP), Police Executive Research Forum (PERF) Emergency Telephone Systems Board (ETSB) for McLean County and the McLean County Metro Communications Board (METCOM.)

Petrilli serves as a subject matter expert in the area of first responder health, wellness and fitness. He also serves as a consultant to numerous academic institutions and teaches this content nationwide. Petrilli has a passion for wellness education and practices and has instructed thousands of first responder and military service members in this important topic.

