

# Rise.



*Building Strength and Readiness for Today,  
Unlocking Resilience and Health for Tomorrow*

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# Agenda

- **PART 1: Mindset**
- **PART 2: Tactical Strength, Readiness, & Resilience Strategies**
- **PART 3: Success Support**



# **PART 1**

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**Mindset**

# A Gripping Window Into Reality



# Pathway to Strength & Resilience

*Feel your reaction, but select your response.*

**#1  
RECOVERY**

**#2  
CLARITY**

**#3  
FUEL**

**#4  
STRENGTH**

**#5  
RESILIENCE**

*These pathways combine psychological and physical wellness best practices to support overall health and resilience. Each step in the sequence helps prepare you for the next.*

# Role Model: Jocko Willink

## LEAD. WIN.

### MINDSETS FOR VICTORY

#### EXTREME OWNERSHIP

NO EXCUSES | NO BLAMING OTHERS | OWN ALL PROBLEMS

#### DEFAULT: ACTION

MAKE THINGS HAPPEN | MOVE FAST | SEIZE INITIATIVE  
MITIGATE RISK | SOLVE PROBLEMS

#### INNOVATE AND ADAPT

NEW TACTICS EMERGE | TECHNOLOGY EVOLVES | EDUCATE YOURSELF

#### HUMILITY

CHECK YOUR EGO | EGO IS THE NUMBER ONE KILLER IN BUSINESS AND IN LIFE

#### DISCIPLINE EQUALS FREEDOM

BEING DISCIPLINED WITH HIGH STANDARDS LEADS TO MORE FREEDOM:  
FLEXIBILITY, AGILITY, AND SPEED OF ACTION.





# **PART 2**

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## **Tactical Strategies**

# Pathway to Strength & Resilience

*Key: Feel your reaction, but select your response.*

**#1  
RECOVERY**



**#2  
CLARITY**



**#3  
FUEL**



**#4  
STRENGTH**



**#5  
RESILIENCE**



# 4 Ways to Initiate Daily Recovery

**USE Nutrition as a Tool**

**PRACTICE Stability and Mobility Exercises**

**MASTER Sleep**

**SEEK Post-Traumatic Growth**

**ENERGY**



# Use Nutrition as a Tool



## Hydration

- According to the Cleveland Clinic, more than 50% of your body is made of water, which is also needed for multiple functions, including digesting food, creating hormones and neurotransmitters, and delivering oxygen throughout your body.
- The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:
  - Men: Approximately 15.5 cups
  - Women: Approximately 11.5 cups

# Use Nutrition as a Tool



## Anti-Inflammatory Foods

According to the Mayo Clinic, “Chronic inflammation can damage the body. It can play a role in the buildup of plaque in your arteries, upping your risk of heart disease and stroke. It's also associated with a higher risk of cancer, diabetes and other chronic conditions.”

- **Avoid foods that increase inflammation**
  - I.e., Sugary drinks and snacks
- **Choose anti-inflammatory foods that help the body fight against oxidative stress (which can trigger inflammation)**
  - I.e., Veggies, fruits

Source:

<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/want-to-ease-chronic-inflammation>

# Use Nutrition as a Tool



## Protein

- The U.S. National Institute of Health states that, “protein undernutrition results in stunting, anemia, physical weakness, edema, vascular dysfunction, and impaired immunity.
- Recommended Dietary Allowance
  - Healthy adult with minimal physical activity is currently  
General: 0.8 g protein per kg body weight (BW) / day  
Minimal physical activity: 1.0 g protein / kg BW  
Moderate physical activity: 1.3 g protein / kg BW  
Intense physical activity: 1.6 g protein / kg BW
  - Long-term consumption of protein at 2 g per kg BW per day is safe for healthy adults, and the tolerable upper limit is 3.5 g per kg BW per day for well-adapted subjects.

Source:  
[Dietary protein intake and human health - PubMed \(nih.gov\)](#)

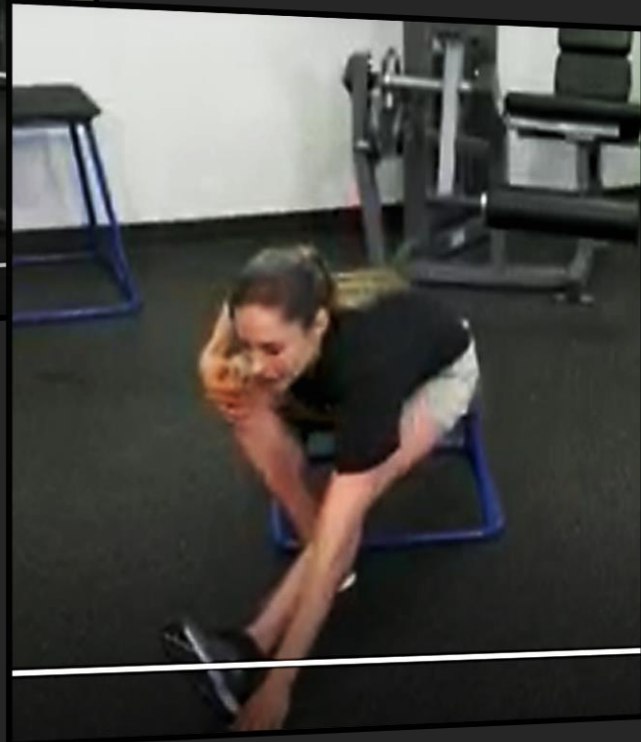
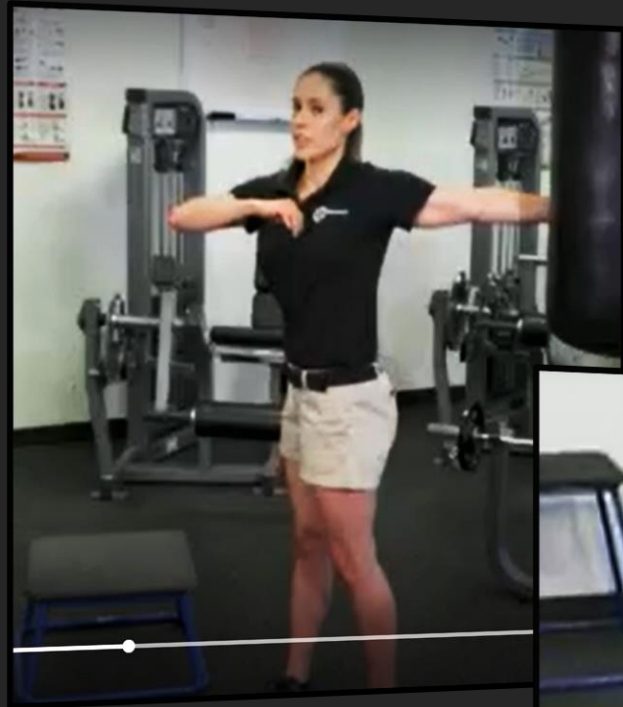
# Practice Stability



## Example Exercises

- Upper Body
  - Reverse fly hold
  - Overhead press hold
  - Chin-up/pull-up hold
- Lower Body
  - Wall sits
  - Single-leg lunge holds
- Core
  - Plank variations

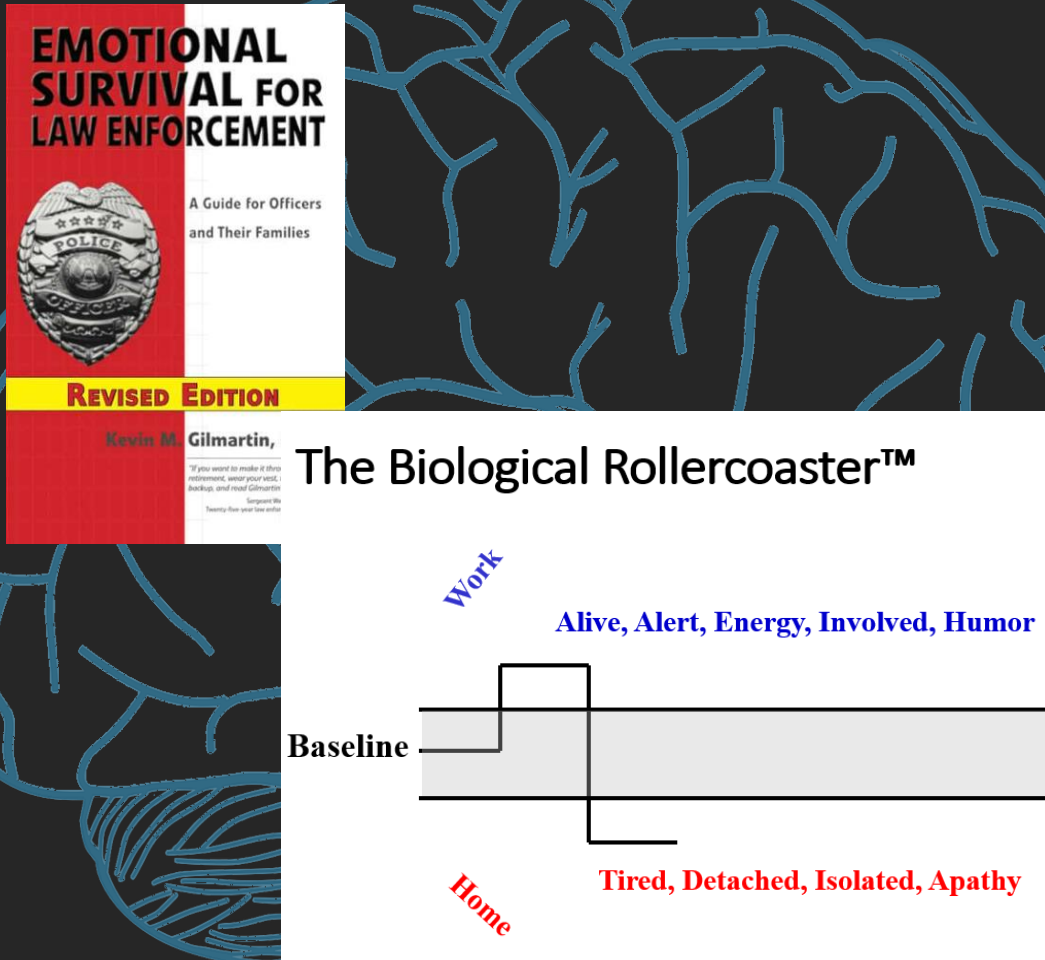
# Practice Flexibility and Mobility



## Example Exercises

- Upper Body
  - Chest & shoulder stretches
  - Exterior shoulder rotations
- Lower Body
  - Hip & hamstring stretches
  - Box squats and lunges
- Core
  - Overhead reach stretch
  - Torso rotations

# Master Sleep



## Tips to Prepare the Brain for Sleep

- Recognize and manage the hypervigilance Biological Rollercoaster™
- Adopt the “Stoic mindset”  
*Example: List what you can VS can't control*
- Set healthy boundaries  
*Example: Learn how to have difficult conversations so that you can schedule the time and space you need to sleep and nap*
- Practice Gratitude

# Master Sleep



## Tips to Prepare the Body for Sleep

Practice a healthy pre-sleep routine

- Nutrition  
(low sugar, adequate protein)
- Environment  
(temperature, light, noise, mattress)
- Position  
(kinetic chain alignment)



# Seek Post-Traumatic Growth



## Post-Traumatic Growth Defined

- The positive psychological change that some individuals experience after a life crisis or traumatic event.

## Types of Post-Traumatic Growth

- Changes in how you relate to other people
- Recognition of new opportunities, priorities, or pathways in life
- Greater appreciation for the value of your own life and life in general
- Recognition of your own strength
- Spiritual or existential development

## How to Achieve Post-Traumatic Growth

- Talk with a culturally competent therapist and/or Peer Support Team members

# Visualize Success

## SCENARIO A: “Minimal Time, Maximum Results”

**4:30 AM / PM  
WAKE UP**

**EAT & HYDRATE:**  
“Eggs in a Mug”

**PACK:**  
A bag of “Grab-and-Go”  
snacks and water

**6:00 AM / PM  
START WORK**

**PRACTICE:**  
5-minute  
stretch routine

**EAT:**  
Grab-and-go snack  
every 3-4 hours

**RESET:**  
Use box breathing  
& hydrate after calls

**6:00 PM / AM  
FINISH WORK**

**PRACTICE EMOTION  
REGULATION:**  
Walk/exercise while  
practicing the stoic  
mindset (to separate  
what you can/can’t  
control) and seeking  
post-traumatic growth

**EAT & HYDRATE:**  
Balanced meal  
(e.g., BBQ grilled  
chicken, rice, & veggies)

**7:00 PM / AM  
PREP FOR SLEEP**

**WIND DOWN:**  
Stretch, practice the  
stoic mindset to make  
your to-do list for  
tomorrow, practice  
gratitude, connect with  
family, dim the lights,  
lower sound, cool the  
room, start sleep cycle  
by 9:30 PM

# Visualize Success

## SCENARIO B: “Veteran-Level Success”

### 4:00 AM / PM WAKE UP

**EAT & HYDRATE:**  
Pre-workout protein shake & banana, post-workout oatmeal & eggs

**WORKOUT:**  
Strength/circuit/cardio

**PACK:**  
Cooler of homemade meals/snacks, turn on InstaPot for dinner

### 6:00 AM / PM START WORK

**PRACTICE:**  
5-minute stretch routine

**EAT:**  
Pre-packed meals or healthy restaurant options every 3-4 hours

**RESET:**  
Use box breathing, walk, & hydrate after tough calls

### 6:00 PM / AM FINISH WORK

**PRACTICE EMOTION REGULATION:**  
Walk/stretch while practicing the stoic mindset (to separate what you can/can't control) and seeking post-traumatic growth

**EAT & HYDRATE:**  
Balanced meal (e.g., InstaPot shredded chicken chili tacos)

### 7:00 PM / AM PREP FOR SLEEP

**WIND DOWN:**  
Stretch, foam roll, practice the stoic mindset to make your to-do list for tomorrow, prepare your meals for the next day, practice gratitude, bond with fam, dim lights, lower sound, cool the room, practice progressive muscle relaxation, start sleep cycle by 9:30 PM

# Pathway to Strength & Resilience

*Once you've mastered RECOVERY, master CLARITY.*

#1  
RECOVERY



#2  
CLARITY



#3  
FUEL



#4  
STRENGTH



#5  
RESILIENCE

# Why Master Clarity?

A photograph of a person with long hair, seen from the side, looking out a window. The window looks out onto a vast landscape under a bright, hazy sky, likely at sunrise or sunset. The scene is bathed in warm, golden light. The person's hand is visible near the window frame.

**Purpose**  
**Joy**  
**Energy**

# More Clarity Means Less Burnout



- Harvard Health states that **exhaustion is the central symptom of burnout**, and it is comprised of profound physical, cognitive, and emotional fatigue.
- Taking decisive action to add clarity to your life can empower you to efficiently connect your definition of “life success” to a healthy daily routine that minimizes physical, cognitive, and emotional fatigue (and thereby reduces risk of exhaustion from burnout).

# 4 Ways to Master Clarity

**REFLECT** on your core values

**CONNECT** with your life calling

**RE-SET** your roles, responsibilities, & breaks

**SET** clear success milestones & rewards



**ENERGY**

# Visualize Success

## SCENARIO A: “Professional Individual”

### CORE VALUES

- Responsibility
- Integrity
- Honesty
- Conscientiousness
- Nobility
- Courage
- Resilience
- Loyalty
- Reliability
- Diligence
- Discipline

### LIFE CALLING

- Protect
- Serve
- Lead
- Give

### ROLES, RESPONSIBILITIES, AND BREAKS

#### Daily roles & responsibilities:

- Son / daughter
- LEO
- Tactical athlete

#### Breaks:

- Sleep
- Gun collection
- Hiking
- Jiu Jitsu

### SUCCESS MILESTONES AND REWARDS

#### Milestones

- Ran sub-3 min. PAT
- Completed all CEUs early
- Selected for a specialized unit

#### Rewards

- New workout gear
- Monthly staycation
- New gun



# Visualize Success

## SCENARIO B: “Professional Individual with Family”

### EXAMPLE CORE VALUES

- Responsibility
- Integrity
- Honesty
- Conscientiousness
- Nobility
- Courage
- Resilience
- Loyalty
- Reliability
- Diligence
- Discipline

### EXAMPLE LIFE CALLING

- Protect
- Serve
- Lead
- Mentor
- Give

### EXAMPLE ROLES, RESPONSIBILITIES, AND BREAKS

#### Daily roles &

#### responsibilities:

- Father/mother
- LEO
- Tactical athlete

#### Breaks:

- Sleep
- Spouse dinner
- Kids movie night
- Gun collecting

### EXAMPLE SUCCESS MILESTONES AND REWARDS

#### Milestones

- Ran sub-3 min. PAT
- Coached kid’s first sports team
- Adopted healthy meal prep routine with spouse

#### Rewards

- New gun
- Family vacation

# Pathway to Strength & Resilience

*Once you've mastered CLARITY, master FUEL.*

#1  
RECOVERY



#2  
CLARITY



#3  
FUEL



#4  
STRENGTH



#5  
RESILIENCE

# 3 Ways to Master Your Fuel

**HYDRATE**

**MINIMIZE sugar intake**

**CONSUME adequate protein**

**ENERGY**



# Hydrate



## The Impact of Hydration

The U.S. Department of Justice states that, “Medical studies have demonstrated that **even a 1-percent decrement in hydration can result in decreased physical and mental performance.**”

The Mayo Clinic states that water makes up 50% to 70% of your total body weight and that every cell, tissue and organ in your body needs water to work properly. Specifically, water:

- Gets rid of wastes through urination and perspiration
- Keeps your temperature normal
- Lubricates and cushions joints and protects tissues

# Hydrate

## Daily Hydration Recommendations

The U.S. National Academies of Sciences, Engineering, and Medicine determined that an adequate daily fluid intake is:

- Approximately 15.5 cups (3.7 liters) of fluids a day for men
- Approximately 11.5 cups (2.7 liters) of fluids a day for women

Exact hydration recommendations must factor in climate, exercise, etc.

# Hydrate



## Tips to Turn Healthy Intentions Into Healthy Action Steps

- ✓ Gradually train your tastebuds to appreciate water.
- ✓ Limit sugary drink temptations in your environment and keep water with you at all times.
- ✓ Use “Habit Stacking” to systematically increase your hydration level.

# Minimize Sugar Intake



## The Impact of Sugar

### **Increased risk of heart disease and inflammation**

Research published by the Cleveland Clinic shows that excess sugar intake can increase the risk of heart disease by increasing triglyceride levels, LDL plaque levels, blood pressure, and inflammation.

That is particularly dangerous for first responders and officers, who statistically suffer from higher rates of heart disease than their civilian counterparts.

# Minimize Sugar Intake



## Tips to Minimize Sugar Intake

- Select a “Sweet Treat of the Week”
- Optimize your environment
- Splurge strategically  
(e.g., after a workout)



# Consume Adequate Protein



## Recommended Dietary Allowance

- Healthy adult with minimal physical activity is currently General: 0.8 g protein per kg body weight (BW) / day
- Minimal physical activity: 1.0 g protein / kg BW  
Moderate physical activity: 1.3 g protein / kg BW  
Intense physical activity: 1.6 g protein / kg BW

Long-term consumption of protein at 2 g per kg BW per day is safe for healthy adults, and the tolerable upper limit is 3.5 g per kg BW per day for well-adapted subjects.

# Pathway to Strength & Resilience

*Once you've mastered FUEL, master STRENGTH.*

#1  
RECOVERY



#2  
CLARITY



#3  
FUEL



#4  
**STRENGTH**



#5  
RESILIENCE

# **3 Ways to Increase Your Strength**

**BUILD** foundational strength and endurance

**PROGRESS** to tactical athleticism

**APPLY** the strength you build to scenario-based training

**ENERGY**



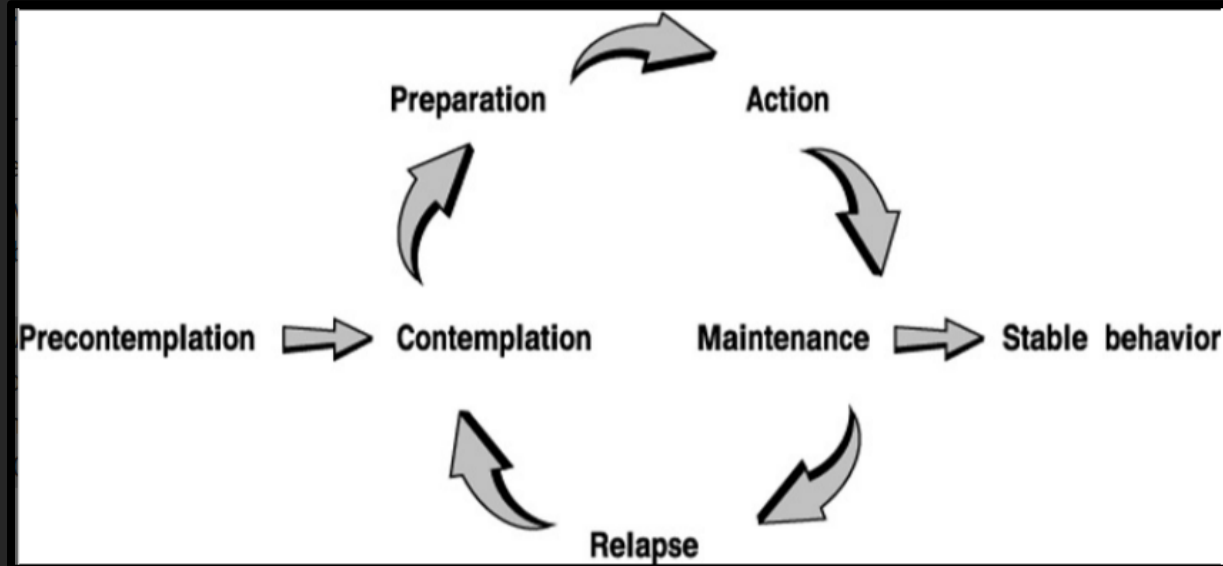
# Build Foundational Strength

## Use the Science of Behavior Change

➤ You will gain and sustain your greatest levels of muscular and cardio strength when you practice a healthy weekly exercise **routine**.

➤ **First master the mindset, then master the body.**

Intentionally leveraging motivation techniques and models such as the Transtheoretical Model of Behavior Change can help provide a structured pathway to adopting a healthy exercise routine.



Source:  
USING THE TRANSTHEORETICAL MODEL TO PROMOTE PHYSICAL ACTIVIT... : ACSM's Health & Fitness Journal (lww.com)

# Build Foundational Strength

## Example Strength Training Program

*Practice the following workout 1-3 times per week.*

MOVEMENT	EXERCISE	SETS	REPS
PUSH	Squats	2-3	15
	Push-ups	2-3	15
PULL	Deadlifts	2-3	15
	Dumbbell rows	2-3	15
	Lat Pulldowns	2-3	15
ROTATE	Plank rotations	2-3	15

*Always consult with your doctor before beginning a new exercise program.*

- **Purpose:** Use stability, mobility, and flexibility work as a strong foundation. Then, start building foundational, functional, full-body strength.
- **Workout Frequency:** 1-2 days/week
- **Workout Duration:** 30 minutes
- **Exercise Intensity:** Low to Moderate

# Build Foundational Endurance

## Example Cardio Training Program

*Practice the following workout 1-3 times per week.*

DURATION	EXERCISE	INTENSITY
10 min.	Warm-up (walk/bike/etc.)	3-5
25 min.	Interval Training: <i>Alternate a pattern of 3 minutes of walking with 2 minutes of jogging</i>	6-7
5 min.	Cool down walk/stretch	1-2

*Always consult with your doctor before  
beginning a new exercise program.*

## Benefits

In addition to increasing your daily energy, the Cleveland Clinic states that cardio exercise:

- ✓ Increases blood flow, decreasing of stroke risk.
- ✓ Improves memory and thinking ability.
- ✓ Combats decline in brain functioning with age.
- ✓ Helps protect against developing Alzheimer's disease.
- ✓ Helps manage arthritis discomfort and maintains joint range of motion.
- ✓ Improves blood sugar control and cholesterol

Source:

[Benefits of a Cardio Workout – Cleveland Clinic](#)

# Progress to Tactical Athleticism

## Adopt an Exercise Program That Increases Your Job Readiness

- A proper tactical strength and conditioning training program should help increase physical readiness to perform standard job tasks.
- When possible, a professional Job Task Analysis that has been recently conducted for your agency should be used to determine standard job tasks.
- All tactical professionals and civilian staff members should complete proper medical screenings before participating in an exercise program.

<b>GENERAL LAW ENFORCEMENT JOB TASKS</b>	
Stair-climbing	Lifting
Pulling	Dragging
Pushing (e.g. cars)	Leaping
Bending	Jumping
Squatting	Sprinting
Carrying	Running
Dodging	Climbing (e.g. fences)

Source:  
Alvar, Brent A. et al. *NSCA Essentials of Tactical Strength and Conditioning*.  
Champaign, Human Kinetics, 2017.

# Progress to Tactical Athleticism

## EXAMPLE STRENGTH TRAINING WORKOUTS

*Purpose: Increase areas of strength that specifically support increased physical readiness and capacity to perform your job tasks.*

### DAY 1

MOVEMENT	EXERCISE	SETS	REPS
LOWER BODY PUSH	Bench step-ups	3-4	8-12
	Lateral lunges	3-4	8-12
LOWER BODY PULL	S.L. RDLs	3-4	8-12
CORE	Leg raises	3-4	8-12
	Bird dogs	3-4	8-12

### DAY 2

MOVEMENT	EXERCISE	SETS	REPS
UPPER BODY PUSH	Plyo push-ups	3-4	8-10
	Overhead press	3-4	8-10
UPPER BODY PULL	Lat Pulldowns	3-4	8-10
	Dumbbell rows	3-4	8-10
	Reverse flyes	3-4	8-10
ROTATION	Cable wood chops	3-4	8-10

*Always consult with your doctor before beginning a new exercise program.*



# Progress to Tactical Athleticism

## EXAMPLE CARDIO AND PLYOMETRIC/DT TRAINING WORKOUTS

*Purpose: Increase cardiovascular strength to support increased physical readiness and capacity to perform LEO job tasks.*

### DAY 1

DURATION	EXERCISE	INTENSITY
10 min.	Warm-up (walk/bike/etc.)	3-5
25 min.	Interval Training: <i>Alternate a pattern of sprinting 100 yards and walking 100 yards</i>	7-9
5 min.	Cool down walk/stretch	1-2

### DAY 2

DURATION	EXERCISE	INTENSITY
10 min.	Warm-up (walk/bike/etc.)	3-5
25 min. (5 rounds of 5 min. each)	Plyo/DT Circuit: - Agility ladder drill 1 - Forearm strikes - Lateral shuffle - Agility ladder drill 2 - Knee strikes	7-8
5 min.	Cool down walk/stretch	1-2

*Always consult with your doctor before beginning a new exercise program.*

# Pathway to Strength & Resilience

*Once you've mastered STRENGTH, master RESILIENCE.*

#1  
RECOVERY

#2  
CLARITY

#3  
FUEL

#4  
**STRENGTH**

#5  
RESILIENCE

# 3 Ways to Increase Resilience

**ESTABLISH** adaptable wellness routines

**SUPPORT** a culture of wellness at home

**BUILD** a culture of wellness at your agency



**ENERGY**

# Establish Adaptable Routines

Use the following best practices to outsmart common “life curveballs” that could otherwise derail your standard wellness routine.

## CHALLENGES

**I ran out of time**  
(e.g., worked overtime, encountered unexpected childcare obligations)

**I have zero access**  
(to exercise equipment/snacks)

**I'm bored**  
with my  
health routine

## SOLUTIONS TO ADAPT YOUR WELLNESS ROUTINE

**Sleep:** Optimize your sleep quality and take nap  
**Nutrition:** Pack recommended healthy “Grab-and-Go” snacks  
**Fitness:** Practice a 5-minute stability/flexibility/mobility routine

**Nutrition:** Use “Smart Restaurant Guides”  
**Fitness:** Practice bodyweight strength training and/ or cardio training

**Sleep:** Use new psychological & physiological strategies  
**Nutrition:** Try new “Field-Approved Recipes”  
**Fitness:** Set measurable goals and try new, LEO-specific programs

A silhouette illustration of a group of hikers on a mountain peak. The hikers are shown in various stages of ascent and celebration. Some are reaching up to help others, while two in the center are high-fiving. The background is a blue sky with light rays emanating from behind the central figures.

# PART 3

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Success Support

# Success Support: Recommended Resources

Maintaining a healthy mindset is everything. We can earn from the best!

**Check it Out!**

[1-min. Video:](#)

[How to Use Extreme Ownership to Achieve Wellness Success](#)

LEXIPOL

ECHELON FRONT

## Leadership Training That Impacts Your Mission



Over the past few years, first responders have faced myriad challenges: A global pandemic, recruiting and retention issues, inflation, budgetary concerns, increased scrutiny from the community – it feels endless.

Despite these challenges, agency leaders are asked to put their best foot forward and provide guidance and wisdom to their team when they need it most. New recruits, 24/7 coverage and unpredictable high-stress situations demand quick decisions to protect the wellbeing of staff, agency and community personnel.

### Proven Leadership Skills for High-Stakes Situations

To strengthen these skills, Lexipol and Echelon Front have partnered in a six-part online leadership training series to provide public safety agencies with practical tools and concepts for new and seasoned leaders. This unique series focuses on the battleground-proven leadership concept of Extreme Ownership and applies that mindset to situations first responders can relate to.

Leaders at every level of an organization, from chiefs and commissioners to those on the front line, will learn how the power of Extreme Ownership can make a positive impact at public safety agencies.

### Key Features



6-part leadership series with Echelon Front founders Jocko Willink and Leif Babin



Access to core features of Lexipol's learning management system, such as tracking and reporting on course assignments



Continuing education credit through POST and CAPCE in select states

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ECHELON FRONT

## Through an Exclusive Partnership, Lexipol and Echelon Front Bring Leadership Training to First Responders

Echelon Front was founded by retired U.S. Navy SEAL Jocko Willink and former U.S. Navy SEAL Leif Babin. Their *New York Times* bestselling books focused on Extreme Ownership explain how to apply leadership concepts to dynamic, rapidly changing and chaotic situations, much like those first responders face on a daily basis.

Lexipol training experts worked closely with Willink and Babin to develop the six-part series that focuses on different ways public safety personnel can encourage, inspire and lead others in the agency to achieve new heights.

### Through this exclusive partnership leaders will learn:

- How to apply Extreme Leadership principles to public safety so you can better serve your community
- What taking ownership in a leadership role looks like at every level of an organization
- How to establish a disciplined mindset to avoid the pitfalls of freezing up when problems arise
- How to find the right balance in leadership and focus on implementing that balance within teams and among peers
- How to embrace the tools necessary to lead up, down and across the chain of command

### Courses include:

- Believe
- Extreme Ownership
- Laws of Combat
- Mindsets for Victory
- The Dichotomy of Leadership
- Leading Up and Down the Chain of Command

"You can't make people listen to you. You can't make them execute. That might be a temporary solution for a simple task. But to implement real change, to drive people to accomplish something truly complex or difficult or dangerous—you can't make people do those things. You have to lead them."

- Jocko Willink  
Echelon Front Co-founder



LEXIPOL

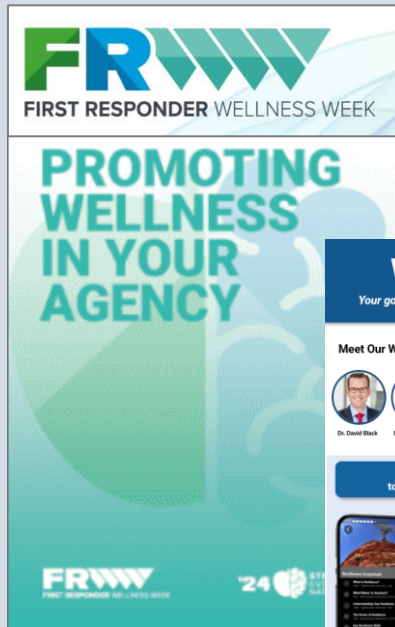
www.lexipol.com | info@lexipol | 844-312-9500

Contact Senior Strategic Wellness Director Mandy Nice at [Mnice@Lexipol.com](mailto:Mnice@Lexipol.com) or text 407-754-6190 for access to these resources.

# Success Support: Recommended Resources

## Beginner-Level Wellness Support

The following resources include zero-cost wellness webinars, Wellness Shift Brief videos, and more.



### Wellness Shift Brief Videos

Your go-to tool to share top tips from world-class experts in first responder wellness.

Meet Our World-Class Subject Matter Experts

Share Select Videos to Quickly Target Specific Topics

- Mental Health: Resilience in the Face of Life Stress or Adversity
- Physical Fitness: Tactical Strength and Conditioning
- Nutrition: Smart Snacking Tips and Recommendations
- Peer Support: The Power of Peer Support
- Family Wellness: Marriage Tips for First Responders

Many new videos are added every month! Check out a few samples:

Share Videos Each Week to Achieve Measurable Wellness Success

Check Out the 8-Week First Responder Wellness Challenge

This 8-week program supports the unique needs and goals of first responders and their families in five critical areas of wellness:

- Mental health
- Physical fitness
- Nutrition and weight management
- Peer support
- Family wellness

Participants choose the goals that matter most to them, then opt-in to earn points for awards and/or prizes. After the Challenge concludes, agencies can use the results to reward employees and show the Return on Investment for the measurable wellness success their participants achieved. Check out the Video and Success Scorecard today!

All videos are easy to share with everyone any time!

[Free Example: Wellness Shift Brief Video on Smart Snacking](#)

## Intermediate and Advanced-Level Wellness Support

The following resources help agencies systematically provide proactive wellness support for employees.

### Success Pathway: Physical Fitness

Alleviate muscle and joint pain, then build baseline fitness, then build tactical athleticism.

The image displays five smartphone screens showing different parts of the 'Physical Fitness Toolkit' app. The screens are titled 'PURPOSE', 'PHYSICAL THERAPY', 'LEVEL 1', 'Strength Training Methods', and 'Skills Manual'. Each screen shows various exercises, instructions, and progress indicators.

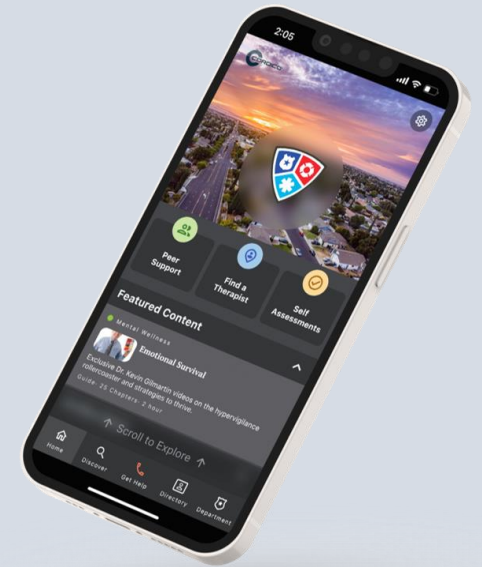
[Quick Video Overview of the LEO Physical Fitness Toolkit](#)

### Success Pathway: Nutrition

Assess your starting point, then optimize your daily energy and body composition.

The image displays five smartphone screens showing different parts of the 'Nutrition' app. The screens are titled '8-Week Weight Loss Challenge', 'CHOOSE MEAL/SNACK PORTION SIZES WISELY', 'HOW TO CHOOSE PROPER PORTION SIZES', 'PROTEIN', 'Budget-Friendly Grocery Shopping', and 'Grab-and-Go Snack Tour'. Each screen provides detailed information, recipes, and tips related to nutrition and weight management.

[Quick Video Overview of the LEO 8-Week Weight Loss Challenge](#)



Contact Senior Strategic Wellness Director Mandy Nice at [Mnice@Lexipol.com](mailto:Mnice@Lexipol.com) or text 407-754-6190 for access to these resources.



*Thank You*

*We greatly respect and appreciate you.  
We are here to support you all the way.*

**Mandy Nice**

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