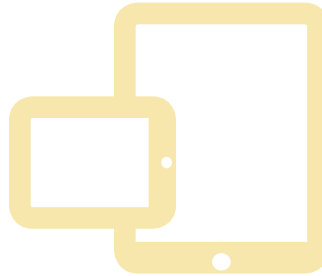


# CIRMA E-Learning Center

## Fitness & Nutrition for Law Enforcement: 4 Online Training Program



Our E-Learning Programs are **FREE** to all CIRMA members.

### Course Description:

Physical and psychological stress can take a daily toll on officers' health. This section provides an array of wholesome advice such as preventive measures for avoiding lower back injury, implementing an effective fitness programs, and nutrition for peak performance.

[Preview the Fitness & Nutrition for Law Enforcement: 4 online training program here.](#)

*To access CIRMA's E-Learning Center or to see a complete schedule of CIRMA's instructor-led Training & Education programs, please visit —*

[www.CIRMATraining.org](http://www.CIRMATraining.org)

To register for this course, please contact your organization's E-Learning Administrator.

