

MUPD Weight Room

What did you receive?

Last year MUPD was graciously awarded a grant through the Employee Wellness Program to help create a highly functional space dedicated to physical fitness. Officer safety and wellness are top priorities for our department. It is no secret that physical and psychological stress can have serious consequences on well-being. Research has shown that working as a police officer can lead to serious long-term health issues related to two specific factors: shift work (working outside of normal daylight hours), and stress (related to constant hypervigilance and exposure to high risk incidents).

What space(s) did you transform?

According to the Final Report of the President's Task Force on 21st Century Policing (2015), establishing and maintaining an exercise routine to reduce stress and improve personal health is one of the best things a police officer can do to offset job related stress. This was the primary reason we built a small workout area for our department approximately 8 years ago. This 350 square foot space is in the basement of Parking Structure 1 and was originally used for storage. It was literally a closet. At that time, most of the equipment was donated by members of the department, but most of the equipment was very old and some of which was unsafe to use.

How is it used?

As a result of receiving the grant, we were able to completely update the space. With the help of facilities services (thank you for the great paint job!) and the guidance of Kristin Kipp, we were able to transform what was once a haggard storage closet into a fully functional workout room. We added a new treadmill and rower, as well as a TRX trainer, new bench, dumb bells, kettle bells, and resistance bands. It was important to us that we had a little something for everyone, and that the equipment would allow us to train functionally- as functional fitness is critical for our jobs and long-term wellness.

Please share how this has positively impacted your employees/patients/students etc. both physically and mentally and provide any feedback you've received.

This grant has positively impacted our department- more of our employees are using the space than ever before, and several people have commented on how nice it is not to have to drive to a gym after a 12-hour shift "just to get a workout in."

Share why you feel it's important to change the environment in which we work to support wellness.

It is important to change the environment in which we work to support wellness. We spend a strong percentage of our lives working, and the way in which we take care of our bodies will impact our wellness and longevity well into retirement. It is also important to change our mindset towards wellness, and the more we are exposed to fitness, fitness related activities, and healthy food choices, the easier it is to integrate healthy and smart decisions into our lives.

