



**NEWS RELEASE
FOR IMMEDIATE RELEASE**

DATE August 25, 2008
TIME 12:00 PM

Sheriff's Regional Training Division Offers Physical Fitness Challenge Course

MODESTO, CA-Stanislaus County Sheriff's Regional Training Division is pleased to announce the start of a new 5 week, intense physical fitness program designed for future academy recruits or for members of the public interested in a fitness challenge and seeing the physical fitness design for law enforcement officers.

The "Academy Challenge" program, beginning October 7th, will run 3 days per week, in 2 hour increments. Students will be exposed to the same physical training delivered in the police academy through an intense and rigorous program. "We are pleased to be able to offer these services and provide our community with a picture of what our future law enforcement officers endure in their quest to serve and protect" said Sheriff Adam Christianson.

"The Academy Challenge provides an opportunity for us to get our community members involved in law enforcement training, and gives future recruits better chances of success in the academy itself" said Lt. Jim Gordon, Director of the Training Division. "We see vast differences in the physical ability of recruits when they begin. This program will help get them on the path toward fitness health for life, and a chance for them to be challenged at the same time."

For more information on the Academy Challenge, please contact Teresa Pedro at 525-4701 or visit www.sheriffstraining.org for registration details.

###