

# Fitness Mentors

Lincolnshire police have a cohort of personal trainers who provide expert fitness advice to members of staff.

UoL helped to recruit, train and provide continuous professional development to the Fitness Mentors



Wellbeing



Research

A series of focus groups were arranged in order to obtain qualitative data attained from operational and non-operational Lincolnshire Police employees at locations across the force area.

# Working Together...

University of Lincoln and Lincolnshire Police Wellbeing Initiatives

Health Screening

UoL students participated in a health and fitness roadshow at police stations across Lincolnshire. Students conducted health checks and provided fitness and dietary advice



# Musculoskeletal Research

Lincolnshire Police is conducting research in partnership with the University of Lincoln in order to identify and prevent musculoskeletal (MSK) injury to operational officers.