Sacramento Police Department

Physical Agility Test

Candidates should be in good physical condition prior to taking the PAT test and should wear athletic clothing.

BODY DRAG
The candidate will be required to lift a 165 lb. Life-like dummy and drag the dummy 32 feet as rapidly as possible. Timing will start after the candidate has lifted the dummy and the dummy’s feet cross the start line. Timing will end when the dummy’s feet cross the finish line. (Two Trials)

OBSTACLE COURSE
As rapidly as possible, the candidate will run 99 yards going around, over and between minor obstacles. There will be 6”x 6” curbs and a 34” high sawhorse, which may be cleared by climbing, jumping or vaulting. (Two Trials)

CHAIN LINK FENCE CLIMB
The candidate will run five yards to and then scale a six-foot chain link fence as rapidly as possible and then run an additional 25 yards. The candidate may scale the fence by any method, but may not use any of the side fence supports. (Two Trials)

SOLID FENCE CLIMB
The candidate will run five yards and then scale a six-foot solid wood fence as rapidly as possible and then run an additional 25 yards. The candidate may scale the fence by any method, but may not use any of the side fence supports. (Two Trials)

500-YARD RUN
The candidate will run 500 yards as rapidly as possible on a standard track. (One trial)
<table>
<thead>
<tr>
<th>32 Foot</th>
<th>99 Yard</th>
<th>6 Foot</th>
<th>6 Foot</th>
<th>500 Yard</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Obstacle</td>
<td>Chain-Link</td>
<td>Solid</td>
<td>Fence Climb</td>
</tr>
<tr>
<td>Body Drag</td>
<td>Course</td>
<td>Fence Climb</td>
<td>Seconds/Points</td>
<td>Seconds/Points</td>
</tr>
<tr>
<td>2.7</td>
<td>61</td>
<td>14.0</td>
<td>248</td>
<td>5.5</td>
</tr>
<tr>
<td>3.0</td>
<td>60</td>
<td>14.7</td>
<td>239</td>
<td>5.9</td>
</tr>
<tr>
<td>3.4</td>
<td>59</td>
<td>15.3</td>
<td>231</td>
<td>6.3</td>
</tr>
<tr>
<td>4.3</td>
<td>57</td>
<td>16.1</td>
<td>221</td>
<td>6.7</td>
</tr>
<tr>
<td>5.1</td>
<td>55</td>
<td>16.8</td>
<td>212</td>
<td>7.1</td>
</tr>
<tr>
<td>6.0</td>
<td>53</td>
<td>17.4</td>
<td>205</td>
<td>7.5</td>
</tr>
<tr>
<td>6.4</td>
<td>52</td>
<td>18.0</td>
<td>197</td>
<td>7.9</td>
</tr>
<tr>
<td>7.6</td>
<td>49</td>
<td>19.5</td>
<td>178</td>
<td>8.3</td>
</tr>
<tr>
<td>8.5</td>
<td>47</td>
<td>20.1</td>
<td>170</td>
<td>8.7</td>
</tr>
<tr>
<td>9.3</td>
<td>45</td>
<td>20.7</td>
<td>163</td>
<td>9.1</td>
</tr>
<tr>
<td>10.8</td>
<td>42</td>
<td>21.4</td>
<td>154</td>
<td>9.5</td>
</tr>
<tr>
<td>11.0</td>
<td>41</td>
<td>22.1</td>
<td>145</td>
<td>9.9</td>
</tr>
<tr>
<td>11.4</td>
<td>40</td>
<td>22.8</td>
<td>136</td>
<td>10.3</td>
</tr>
<tr>
<td>12.2</td>
<td>38</td>
<td>23.5</td>
<td>128</td>
<td>10.7</td>
</tr>
<tr>
<td>13.1</td>
<td>36</td>
<td>24.1</td>
<td>120</td>
<td>11.1</td>
</tr>
<tr>
<td>14.3</td>
<td>33</td>
<td>24.8</td>
<td>111</td>
<td>11.5</td>
</tr>
<tr>
<td>15.2</td>
<td>31</td>
<td>25.2</td>
<td>106</td>
<td>11.9</td>
</tr>
<tr>
<td>16.0</td>
<td>29</td>
<td>26.2</td>
<td>93</td>
<td>12.3</td>
</tr>
<tr>
<td>16.8</td>
<td>27</td>
<td>26.8</td>
<td>86</td>
<td>12.7</td>
</tr>
<tr>
<td>17.7</td>
<td>25</td>
<td>27.5</td>
<td>77</td>
<td>13.1</td>
</tr>
<tr>
<td>18.5</td>
<td>23</td>
<td>28.2</td>
<td>68</td>
<td>13.5</td>
</tr>
<tr>
<td>19.8</td>
<td>20</td>
<td>28.9</td>
<td>59</td>
<td>13.9</td>
</tr>
<tr>
<td>21.0</td>
<td>17</td>
<td>29.5</td>
<td>52</td>
<td>14.3</td>
</tr>
<tr>
<td>21.8</td>
<td>15</td>
<td>30.2</td>
<td>43</td>
<td>14.7</td>
</tr>
</tbody>
</table>

Minimum Passing Score: 384 Points
City of Sacramento Physical Training
Preparation Information Police Officer/Cadet

One of the basic elements of an effective police officer is his/her physical health and conditioning. Police officers undertake many physical tasks during the course of their work and today’s officer must be ready at all times to perform effectively in this role. The Sacramento Police Academy endeavors to prepare its recruits for these physical demands. The key to the success for a Sacramento Police Academy cadet is proper preparation prior to arrival.

1. **Introduction:** Sacramento Police Academy is a challenging and rewarding training program which requires physically fit and self motivated individuals. The purpose of this memorandum is to help individuals prepare themselves physically for the rigors of the academy and to prevent individuals from entering the academy untrained and de-conditioned.

2. **Academy Training:** After being assessed by the academy staff, recruits embark on a rigorous 24 week training program. While the program is designed to best suit the class as a whole, recruits who arrive de-conditioned may find it very difficult to meet the rigorous physical demands of the academy, which can lead to injuries and ultimately dismissal from the program.

The program includes weekly physically intense circuit training, strengthening, and running sessions. This training culminates with a final run test of 5 miles, with circuit training stations scattered throughout the 5 mile run which is to be completed in 60 minutes or under. It is recommended that recruits be able to run 3 miles in 40 minutes or less by the start of the Academy. Recruits that are able to perform at this level tend to struggle significantly less during the training. The recruit will also be required to complete a physically demanding 2 hour Arrest, Control and Baton final and pass a work sample test battery. Failure to complete these three tests will result in dismissal from the Academy.

3. **Work Sample Battery - Physical Agility Test:** Physical preparation for the Physical Agility Test and subsequent entry in the Academy is critical for consideration as a cadet. See below for details:

   - **OBSTACLE COURSE/AGILITY RUN:** Run a 99-yard obstacle course consisting of several sharp turns, a number of curb-height obstacles, and a 34-inch high obstacle that must be vaulted.
   - **BODY DRAG:** Lift and drag 165 pound lifelike dummy 32 feet.
   - **CHAIN LINK FENCE:** Run 5 yards to a 6-foot chain link fence, climb over fence, and continue running another 25 yards.
   - **SOLID FENCE CLIMB:** Run 5 yards to a 6-foot solid fence, climb over fence, and continue running another 25 yards.
   - **500 YARD RUN:** Run 500 yards.

*** The minimum score for the WSTB is 384-points. The faster you go on each event, the higher the score.

4. **Additional Academy Tests**

   - 1.5-Mile Run
   - 300-Meter Sprint
   - Maximum push-up
   - 1-minute Maximum sit-ups
   - Maximum Pull-ups (Palm facing outwards)
   - Vertical Jump
   - Sit and Reach
   - Maximum Plank time
**Conditioning Overview:**

One of the tests you must be ready for is the WSTB or PAT. To be physically ready to complete this Physical Agility Test and subsequent entry into the Academy it is important to understand the following physical fitness principles as they are all critical components to being physically prepared:

- **Cardiovascular Endurance:** Cardiovascular Endurance refers to the body’s ability to uptake and utilize oxygen to produce energy for movement over an extended period of time, 1+ min. This element will be developed through run training and will be important during the runs for the agility test and in the Academy.

- **Muscle Strength:** Muscle strength refers to the body’s ability to lift as much weight as possible one time. This element will be developed through strength training and will be important during the fence climbs for the agility test and the circuit training in the Academy.

- **Muscle Endurance:** Muscle endurance refers to the body’s ability to lift a weight as many repetitions as possible. This also refers to the muscles ability to maintain a static flexed position for extended durations. This element will be developed through circuit training primarily and will be important during the fence climbs for the agility test and the circuit training in the Academy.

- **Flexibility:** Flexibility refers to the body’s muscles and tendons to be pliable. This element will be developed though stretching and will be important during all phases in the agility test and all physical fitness components in the Academy.

- **Body Composition:** Body composition refers to the quality or makeup of total body mass. Total body mass can be divided into lean body mass and fat body mass. Lean body mass is composed of bone, muscles and organs and fat body mass is composed of adipose tissue. The assessment of body composition determines the relative percentages of lean mass and fat mass. The more lean mass you have compared to fat mass, the healthier you will be and the more physically prepared you can become. This element is seen as weight loss, and will be realized by following the training and nutrition plan spelled out below. It will be important during all phases in the agility test and all physical fitness components in the Academy.
Physical preparation for the Academy and the PAT

To prepare physically for the agility test and entry into the academy you should establish a strength, cardiovascular and flexibility conditioning base while maintaining a healthy diet. The foundation of this base should first be emphasized before any advanced fitness programming is established. The department recommends the following in order to establish this foundation:

- **Running (Outdoors) + Sprints:** start at 2 x week of running or run/walking at moderate a pace (intensity is a 4 on a scale of 10) and flat to rolling hill terrain. Begin with 15-20 minutes (depending on fitness level) and add 5 minutes every other week, peaking at 35 minutes. Add an additional day of running after 2-4 weeks of training. Run on non-consecutive days during the week but with no more than 3 days off in a row between runs. At the end of each run complete 2-8 (depending on Fitness level) 50 yard sprints with 20 sec rest between reps. Begin with 2 repetitions and add 2 repetitions every other week peaking at 8. Start each sprint slowly and build to a 95% effort for the last 20 yards.

- **Strength Training:** 2 x week of weight training, targeting all major muscle groups of the body See below for details. Weight train with a day of rest or a non-weight training day between these training sessions. Always include a 5 minute active warm up with dynamic stretching prior to strength training session. (See example exercises in this document)

- **Circuit Training:** Start the circuit training after 2-4 weeks (depending on fitness level) of running and standard weight training. Target all major muscle groups of the body. See circuit below for details. Circuit train with a day of rest or a non-weight training day between these training sessions. Always include a 5 minute active warm up with dynamic stretching prior to strength training session. (See example exercises in this document)

- **Stretching:** 3-6 x week engage in a 10 minute stretching routine after your workouts. This routine should emphasize the lower and upper body. Each stretch should be held for 30 seconds to 1 min and should be done twice in succession with a 10 seconds rest between stretches.

This routine should lay a good foundation of fitness from which an enhanced fitness program can be developed, for entry into the academy. Good luck and we look forward to your success as you prepare for a career as an officer with the Sacramento Police Department.
Strength Routine

Lower & Upper Body Strength training (20-40min): Complete routine 2/week
Equipment needed: Stability Ball, Dumbbells, Bench or chair, and 12—16” platform.
To begin, complete 2 sets of 10 reps using a moderate to heavy weight (the effort to complete the last two repetitions is very difficult). Rest interval is 30 seconds between sets. Add an additional set after 4 weeks of training.

Squat w/DB Bicep Curl
- Stand upright with feet wider than shoulder width and toes pointed outward. Lower the body towards the floor once the knee joint achieves a 90-degree angle, return to the upright position. Do not lock the knee joint to full extension.
- As you are lowering your torso down, keeping your elbows close to your body, use your biceps to curl the dumbbells up to chest level. As you curl the dumbbells rotate your wrists, with your palms pointing towards your chest at the end of the curl. This should be one continuous motion.
- Reverse the motion, lowering the weights to the starting position in a slow, controlled manner and return to a standing upright position. This should be a continuous motion.
- Keep your wrists from flexing and elbows at your side throughout the curl.
- Repeat until you have completed a set, switch legs and repeat.
- Don’t let your front knee move farther forward than your front foot.

DB Dead Lift
Muscles worked: Low back & Hamstrings
Instructions:
- Keep the arms perpendicular to the ground. Back should remain flat. The knees are bent slightly.
- Ready yourself and then slowly rotate your torso upwards until you are standing erect and the dumbbells are resting on your thighs.
- Watch the wall throughout the exercise.
- Return to the staring poison in a slow controlled manner letting the dumbbells swing naturally out in front of you.
- Don’t allow the back to curve.

DB Bench Press
Muscles worked: Primary: Middle Chest
Instructions:
- Lie face up on a bench on the floor with feet flat on the floor while grasping the dumbbells with a closed, pronated grip, just wider than shoulder width. The elbows should be at chest height at the start of the exercise, facing away form the body while the elbows are flared outward.
- Raise the dumbbells straight up.
- Return to the starting position
- Don’t arch your back.

DB One Arm Row
Muscles worked: Latisimus Dosi (Lats) – upper back
Instructions:
- Place one arm on the seat with head up, back straight, feet firmly on the floor.
- Grip the dumbbell allowing the arm to hang freely, slowly pull the dumbbell up towards you keeping the elbow tight to the body until the elbow is even with the back.
- Slowly let the dumbbell drop away from you, back to the starting position.
- Don’t swing the body to complete each rep.
Sacramento Police Department

Pull-up - Assisted w/Superband

- Stand in front of or on a platform at the pull-up bar. While facing forward pull the super band down and place both knees into the loop of a superband that is secured to the bar.
- Grab the bar, palms facing forward, and allow your arms to be pulled until fully extended. Your upper body and back should be straight, your head up and eyes forward.
- Pull on the bar straight up lifting your body until it reaches just below your chin.
- Return to the starting position in a slow, controlled manner, making sure to get a full stretch in the back.
- Don't jerk your body side to side in attempt to complete the repetition—if you necessary increase the counter weight to avoid this issue.

Illustrated core exercises with descriptors

Core Strength training (10-15min): Complete routine 2/week
Equipment needed: Mat
Perform 20 seconds at each station, 1 min rest every 3 min. Complete circuits for 10 minutes.

DB Overhead Press
- Standing with feet separated to shoulder width w/knees slightly bent hold dumbbells in each hand next to your shoulder, keeping palms facing towards you.
- Squat slightly then press the dumbbells straight up so the arms are completely extended overhead while finishing the squat to assist in pressing the DBs overhead. The three previous steps are one continuous motion.
- Reverse the motion, lowering the weights to the starting position in a slow, controlled manner.
- Repeat until you have completed a set.

Push-ups:
- Starting Position: Lying on your stomach, palms just wider then shoulders. Flex your toes so that your hands and soles of your feet share the weight of your body.
- Pushing with your arms raise your trunk and legs off the floor. Keep your back straight and do not let your stomach sag.

Side and Mule Kick
- Kneel on all fours with hands and feet shoulder width apart. Extend the right leg outward to the side of the body keeping the knee bent. Foot stays level with the knee.
- Then extend the same foot outwards. Hold momentarily then return to the starting position.
- Repeat until reps are complete then switch to other leg. Keep a neutral spine, head, neck hips in alignment. Don’t hyper-extend your back.

Side plank

Start face-down on the floor with arms extended and just past shoulder width apart, back flat and feet together. The body is supported at the feet. Alternate position is with the knees supporting the body.

Raise a completely extended left arm while rotating the torso and hips until the hand is directly above the shoulder. Rotate down again placing the hand back to its starting point.

Plank:
Position the body in a modified push-up position with elbows and feet on the floor. Elbows directly under the shoulders, body is straight with neck, hips and ankles in alignment. Hold for prescribed time Release and repeat.
**Dumbbell Multi-Joint All Body Fitness Circuit**

All Body Circuit training (15-30min): **Complete routine 1-2/week**
Begin with 15 minute (depending on fitness levels) circuits and add 5 minutes every other week, peaking at 30 minutes. Add an additional day of circuit training 4-6 weeks after the start of your circuit training.

Protocol: 30 seconds at the first exercise station then move to the next exercise without resting, completing 30 seconds at that station. Continue in this manner until all exercises have been complete in the circuit. Take an additional 2 minute break after completing each circuit.

---

**Two-Arm Kettlebell Swing**
- Place one kettlebell between your feet. Push back with your butt and bend your knees to get into the starting position. Make sure that your back is flat and look straight ahead.
- Grasp the kettlebell with two hands and swing the kettlebell between your legs forcefully as if you are passing a football to someone behind you. Quickly reverse the direction and drive through with your hips explosively taking the kettlebell straight out. Let the kettlebell swing back between your legs and repeat.
- Remember that the power is generated through the hips from. It is not a front raise which engages the shoulders.

**DB Clean w- Overhead Press**
- Standing with feet separated to shoulder width w/knees slightly bent hold dumbbells in each hand next to your waist, keeping palms facing towards you.
- Bending at the waist so the butt is sitting in a chair.
- The dumbbells should hang freely in front of the shins and the arms perpendicular to the ground.
- Slowly rotate your torso upwards until you are standing erect and the dumbbells are resting on your thighs.
- Once the DB reach the hips, shrug the shoulders bring the dumbbells up above your hips, squat at the knees drop under the dumbbells and bring them to rest at your shoulders. Straighten the knees.
- Then press the dumbbells straight up so the arms are completely extended overhead while performing a mini squat to assist in pressing the DBs overhead. The three previous steps are one continuous motion.
- Reverse the motion, lowering the DBs to the starting position in a slow, controlled manner.
- Repeat until you have completed a set.

**FitBall Leg Curl**
- Lie on your back with your heals on top of the fit ball, knees bent at about 45 degrees.
- Keeping your pelvis flat against the floor, pull the ball back towards your buttocks so that your legs bend to about a 90+ degree angle and hold for a brief second while contracting (flexing) your hamstrings.
- Return to the starting position in a slow, controlled manner.
- Don't let your back or pelvis rise from the floor in an arch.

**Burpies without Jump**
- Stand upright and both hands in front of the body while the feet are flat on the ground. Feet should be just wider than shoulder width and toes slightly pointed outward.
- Begin the exercise by lowering the body towards the floor as though you are going to sit in a chair, while looking forward and keeping the back straight. The soles of the feet remain flat on the ground.
- Once the knee joint achieves a 90-degree angle, thrust the legs out behind you while placing your hands/arms onto the floor in a push-up position.
- Return to the standing upright position and then reversing your motion.

**Push-up with DB One Arm Row**
- Start face-down on the floor with arms extended and just past shoulder width apart, back flat and feet together. The hands are gripping the dumbbell and the body is supported at the feet.
- Push-up - Lower body towards the floor or bench until chest is a fist length from the floor or bench, while keeping back parallel to the floor or straight if using a bench. Complete only half of the downward movement if entire movement is too difficult. Build to complete the entire movement.
- Push your body back to starting position slowly and with control until your elbows are fully extended.
- When the arms are fully extended pull a dumbbell up towards you so the DB is in line with the torso, keeping the elbow tight to the body. Tighten the core to stabilize the movement.
- Lower the dumbbell, complete another row repetition with the other arm and repeat.
- Don't allow the back to sway or bow.
Dynamic Stretching Warm-up

Physiological reasons for a warm-up:

- To increase the core temperature at least one or two degrees Celsius
- To increase heart rate and blood flow to skeletal tissues which improves the efficiency of oxygen uptake and transport, carbon dioxide removal, and removal and breakdown of anaerobic byproducts
- To increase the activation of the Central Nervous System (therefore increasing coordination, skill accuracy, and reaction time)
- To increase the rate and force of muscle contraction and contractile mechanical efficiency (through increase muscle temperature)
- To increase the suppleness of connective tissue (resulting in less incidence of musculo-tendonous injuries)

The result of these physiological responses to warm-up activities leads to an athlete’s increased ability to perform physical work. This is very crucial for the requirements of high intensity movements. Additionally, the improvement in the nervous system helps to perform high levels of complete body movement.

Dynamic Stretches

- High Knee Walk – walk across the floor lifting the each knee up so they are parallel to the ground.
- Walking Lunge – walk across the floor lunge forward with alternating legs. Keep knee behind toes each lunge and only drop to 75 degrees.
- Walking Side Lunge – lunge sideways across the floor with the same leg. Keep the lunging knee behind toes each lunge, keep the trailing leg straight for an inner thigh stretch and only drop to 75 degrees.
- Jumping Jack – from a standing position with arms at your side rotate the arms and legs outward. Hands should meet over the head and legs spread apart just beyond shoulder width.
- Arm Circles – while standing and arms stretched outward to the side, create small circle with the arms getting bigger every 3 seconds until you are doing large circles. Repeat going backwards.
- Straight Leg Walk – walk across the floor lifting a straight leg off the floor until you feel the stretch in the hamstring-gluts. Reach forward with the opposing arm for balance.
- High Knee Walk w/knee Hug – walk across the floor pulling the each knee up so they are close to the chest.
Static Stretching Cool Down

**Warming down should consist of the following:**

- 5 to 10 minutes jogging/walking - decrease body temperature and remove waste products from the working muscles
- 5 to 10 minutes static stretching exercises - decrease body temperature, remove waste products from the working muscles and to increase range of movement. Static stretches are more appropriate to the cool down as they help muscles to relax and increase their range of movement.

**Static Stretches**

Static stretching should be completed statically and after the workout or short warm-up. Static stretching calls for gradually stretching through a muscle’s full range of motion until you feel resistance or mild discomfort. Hold that position for 20-30 seconds, relax for 5 seconds and repeat the movement 1-2 more times.

**Shoulder**

Pull arm across chest until stretch is felt. Turn head away from the pulling arm. Repeat with other arm.

**Triceps**

Pull elbow behind head until stretch is felt. Hand should fall down between shoulder blades. Repeat with other elbow.

**Inner Thigh/Groin**

While standing move one foot sideways just outside of shoulder width, lunging downward while keeping the opposite leg straight. Hold and repeat on opposite leg.

**Low Back – Calf: Downward dog**

Kneeling with hands/arms on the ground, raise hips straight up, keeping toes and hands on the ground. While hips are raised, press arms into the floor, pushing the pelvis backward, which presses the heels of the feet into the floor. Lower hips back to starting position and repeat.

**Hamstring and Low Back**

With right leg straight out in front of you and left foot placed against right thigh, lean forward until stretch is felt. Repeat on opposite leg.

**Hips, Upper Hamstrings**

From a crawl position, move one knee forward, allowing the foot to rotate inward across the body. Move the opposite leg backward straightening that leg. Drop your body onto the forward leg bracing yourself with our arms to control the pressure. Hold and repeat on other leg.

**Thigh/Quadriceps**

While lying on your side, with your right arm supporting your head, bend the right knee and pull the left ankle behind you to stretch the thigh. Repeat on opposite leg.
Healthy Nutrition

Making the right nutrition choices can be difficult. See below for tips on how to eat healthy:

#1 - Adding Good Carbohydrates
- **Add whole grain products.** Whole wheat, oats, barley, rice or other grain first on the ingredient list.
  - Cereals: steel-cut oats, all bran or high fiber cereals.
  - Sandwiches – use 100% whole wheat bread. “Grain” breads OK. Whole grain breads best.
  - Whole Citrus Fruit
  - Burritos that include, black beans and rice. Light on the cheese and sour cream.
  - Pasta – Half whole-wheat flour OK. 100% whole wheat best.
  - 100% whole wheat dinner roles
  - Dark leafy green vegetables, red potatoes, whole grain rice

#2 - Adding Good Proteins
- **Add low fat or good fat products.**
  - Breakfast
    - Low fat skim milk with whole wheat toast and Canadian bacon
    - Lowfat cottage cheese and fruit
  - Lunch
    - Cottage cheese and fruit and a turkey sandwich on whole wheat bread (light spread, mustard, slice of avocado).
    - Chicken sandwich on whole wheat bun, w/ light mayo, mustard, tomato, and small slices of avocado
    - Nuts – almonds, sunflower seeds, hazelnuts, etc. Note – some nuts are higher in saturated fats than others. Choose nuts that are low in Saturated fats and higher in Poly or Mono-unsaturated fats.
  - Dinner
    - Lightly breaded chicken breasts and unshelled Edamame (soy beans, great source of Soy Protein)
    - Roasted chicken and a green salad with Garbanzo beans.
    - Quinoa casserole bowl with quinoa, chopped chicken, salsa, lettuce, black beans, avocado and reduced fat shredded cheese
    - Seasoned or Barbequed broiled fish and green salad with Garbanzo beans
    - Garden, Low fat Beef or Turkey Burgers w/Whole wheat bun, light mayo, mustard, tomato, and lettuce
    - Rice and Bean burrito w/ light sprinkle of cheese, diced tomatoes, small slices of avocado and teaspoon of light sour cream
    - Diced ham mixed in with long grain rice w/salad that includes Garbanzo bean

#3 - Adding Good Fats
- **Unsaturated Fats**—Polyunsaturated and Monounsaturated – improve cholesterol levels
  - Sources -
    - Polyunsaturated fats (which are found in Corn, soybean, safflower, and cottonseed oils; fish)
    - Monounsaturated fats (which are found in Olives; olive oil, canola oil, peanut oil; cashews, almonds, peanuts, and most other nuts; avocados).

#4 - Tips to Eating Out
- Do not be impulsive and leave off unneeded temptations.
- Drink two full glasses of water before your food arrives.
- Review the total and fat calories to make smart choices avoiding cream sauces or fired foods.

#5 - Water Balance:
- Water intake is an important component to proper nutrition. The recommended daily intake is 3.7 liters for men and 2.7 liters for women. This volume can be taken in by drinking not only water but milk, juice, tea and other beverages.