

# CITY OF TOLEDO



## DEPARTMENT OF POLICE OPERATIONS

### NEWS RELEASE

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### **Toledo Police VLOG: Fitness Requirements for TPD Hiring Process**

Toledo, OH (May 1, 2019): Thinking about applying to the Toledo Police Department? Ever wondered what the fitness requirements are to get into our academy? You're in luck. Our latest Toledo Police VLOG, now on YouTube at <https://www.youtube.com/watch?v=Fe0sEDuTlu4>, shows you what to expect and the proper form, on which applicants are judged, for push-ups and sit-ups. It's never too early to get to work.

The latest VLOG has been released in conjunction with the Take it Off Toledo wellness campaign. Participating in the campaign? Looking for a challenge? Test yourself with our fitness standards. Record yourself doing as many sit-ups as possible, with the correct form, for one minute. Same for push-ups. Next, lace up your running shoes and hit the pavement (or track or treadmill) and log a 1.5-mile run. Snap a selfie or screen shot of your time. Post to social media and tag the Toledo Police Department and use #takeitofftoledo. Retest yourself every week and track your progress. The challenge is open to everyone, so get the whole family involved. See if you have what it takes to pass our fitness test.

Members of the part-time Toledo Police "Social Media Team" create the VLOGs to increase community engagement through social media. The Toledo Police Department is the first major city police department in the region to start a VLOG. Viewers are encouraged to subscribe to the Department's YouTube channel and provide input on what they would like to see next.

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