

In the Spotlight

Bordentown Township

For a Workplace Wellness Program to succeed, support has to come from the Top. In Bordentown Township, not only does the Top support the program, the Top participates as well! Chief Pesce has made it his mission within the Police Department to promote a "culture of wellness", encouraging his Officers' to focus on their physical and emotional well-being. Here are some of the initiatives he has implemented:

A "Health and Wellness Corner" on a wall in the Police Department with valuable wellness information:

- Encouraging the Captain Buscio Program, offered at Deborah Hospital, which provides comprehensive cardiovascular and pulmonary medical evaluations free to first responders. Chief Pesce provides everyone with four hours of compensatory time if they attend once a year on a day off.
- Displaying photos of recent health and wellness events the Township participates in and information about upcoming events.
- Displaying "Workout of the Month" provided by their department's physical fitness instructor, Lieutenant Edwards.
- Displaying BURLCO JIF Wellness newsletter.
- Sharing Healthy Menu Options: Officers often dine out and frequently fall into the same eating routine (Wawa, pizza, etc.) Chief Pesce encourages officers to seek out healthy menu options while eating out, and share those options via a photo and description on the board. This will educate others about healthy options offered by local establishments and hopefully encourage them to develop better eating habits.

Using drug forfeiture monies, 19 Fitbit HR Inspire Fitness Trackers were purchased and issued to Officers in an effort to continue to explore new ways to improve health and wellness.

- Each officer can now track his or her daily steps (studies show that officers can be sedentary upwards of 90% of their day).
- Often exposed to high stress, heart rates (HR) frequently elevate. Now Officers can monitor these spikes and learn healthy techniques to control their level of stress.
- Sleep deprivation is a constant challenge. Sleep patterns can now be tracked bringing awareness to necessary improvements.
- BTPD is a very competitive Police Department. Now Officers can participate in daily, weekly, and monthly challenges offered through the Fitbit app. Recently, 10 Officers took part in a five day workweek hustle challenge and collectively achieved 832,450 steps!

Other initiatives that have also taken place within the Police Department:

- Installation of filter water system to promote hydration
- Standing work stations to minimize the hours of sitting during any given shift

Congratulations Bordentown Township Police Department! The well-being of your Officers enhances the safety of the entire community! And thank you, Chief Brian Pesce, for making the healthier choice the easier choice for your team!

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