

# Nutritional Tips

Olathe Police  
Department

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## **SPOTLIGHT EMPLOYEE: BRANDON HICKEL**

Brandon Hickel is a 5 year employee of the police department .

Brandon is one of three Cooper Fitness instructors the Olathe Police Department has. When asked what type of nutritional tips he uses on a daily basis he said:

“As far as my nutritional/diet advice, I do not follow a necessary diet but try to eat smart (limited fats and sugars) and balanced (fruits and vegetables with every meal).”

My couple rules that I feel help in my daily diet are:

1. Stay as active as possible (take the stairs, park farther out in the parking lot and walk to a store, and take walks or stay busy on my feet after eating a meal).
2. I don't drink pop and limit sugary foods.
3. I set aside a specific time to workout throughout the week.

The couple of rules I follow with my diet at work are:

1. I pack a lunch almost everyday (no fast food).
2. I drink water throughout my shift
3. I try not to sit in my patrol vehicle for an extended period of time without getting out and stretching/walking around.

