

Recruit Nutrition Curriculum

Goals

- Provide tools for flexible, realistic healthy eating throughout recruit class and career.
- Empower recruits to become proactive in their own health and wellness.
- Encourage rational, evidence-based decisions when it comes to nutrition fads and trends.

Nutrition Presentations

Preparing for the Academy (30 min)

Recruit Meet & Greet 2 Weeks Before Start

- Topics
 - Body changes through career and recruit class
 - Mealtimes and preparation
 - Supplements introduction
 - Rhabdomyolysis prevention
- Handouts
 - Meal Prep 101
 - Preparing for the Academy
- Encourage recruits to participate in nutrition coaching before recruit class starts

Nutrition 101 (60 min)

Orientation Week 2nd Day of Recruit Class

- Topics
 - Nutrition needs throughout a firefighter's career
 - Hydration
 - Nutrition basics
 - Supplements
 - Caffeine
- Handouts
 - Rhabdomyolysis Prevention
 - Weight Gain/High-Calorie Meal Plan for Athletes (Academy of Nutrition & Dietetics)
 - Retrieved from http://grfx.cstv.com/photos/schools/rutu/genrel/auto_pdf/2014-15/misc_non_event/Weight_Gain.pdf
- Quiz 1 & Survey 1

Nutrition for Resilience & EMS Nutrition (60 min)

Fire to EMS Transition

- Topics
 - Altering nutrition needs based off of physical activity changes
 - Portion control
 - Optimizing study time
 - Physical vs. mental stress, health impact
 - Nutrients for resilience
 - Sleep strategies
 - Alcohol
 - Positive coping strategies

Nutrition in the Firehouse (60 min)

1-2 weeks before graduation

- Topics
 - IPE prep
 - Healthy habits
 - Nutrition flexibility
 - Portion control

Rhabdomyolysis Prevention Program

Goals

- Reduce the incidence of rhabdomyolysis and other heat/performance related injuries.
- Provide education for instructors and recruits on risk factors, symptoms, and treatment.

Fitness Instructor Inservices

First 2-3 weeks of Recruit Class

- Discuss "Rhabdomyolysis Prevention" Handout, emphasizing program design and symptoms

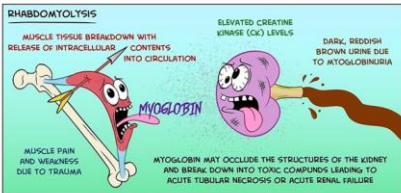
Recruit Education

Recruit Meet & Greet & Orientation Week and Nutrition 101 presentations

- Discuss pathology, symptoms, risk factors, and prevention strategies
 - Provide "Rhabdomyolysis Prevention" handout

EXERTIONAL RHABDOMYOLYSIS (RHABDO)

- Exercise induced muscle breakdown
- Release myoglobin into bloodstream, overloading the kidneys



EXERTIONAL RHABDOMYOLYSIS (RHABDO)

- **Symptoms**
 - Severe cramping that does not resolve, muscle swelling
 - Brown, limited urine
 - Increased thirst/dry mouth
 - Headache/dizziness
 - Rapid, uncontrolled heart rate



EXERTIONAL RHABDOMYOLYSIS (RHABDO)

- **Risk Factors**
 - Untrained (in style of exercise)
 - Male, Young, African American
 - Extreme muscle strain
 - Exercise in high heat/humidity
 - Dehydration
- **Risk Factors - Nutritional**
 - Improper hydration
 - Low protein diets
 - Excessive carbohydrate loading
 - NO ALCOHOL the first 2-3 weeks
- **Risk Factors - Medical**
 - Statins
 - Weight Loss Supplements
 - Epinephrine/Ephedra
 - Creatine Monohydrate
 - Anabolic Steroids