



QUICK BITES

FIREFIGHTER NUTRITION IN 10 MINUTES OR LESS

Quick Bites discusses hot topics in firefighter nutrition in bite-sized portions. It can be used as a line-up PSA, Target or Vector Solutions education, or as a self-paced course. Each video is roughly 10 minutes for optimal retention. Videos will be provided via a Google Drive Folder for download, the price includes lifetime access to the current (2023) version.

Cancer Prevention (January)

- Quick, realistic tips for preventing cancer through diet.

Heart Health (February)

- How to improve cardiovascular health through diet.

Nutrition 101 (March)

- General nutrition, including macronutrient 101.

Energy Boosters (April)

- Improving energy on shift without caffeine.

Supplements 101 (May)

- A brief overview of popular supplements in the fire service

Caffeine (June)

- Optimizing caffeine on shift.

Hydration (July)

- Hydrating on the go and on the fireground.

Performance Nutrition (August)

- How to eat before and after intense training.

Sleep (September)

- Improving sleep on shift work.

Alcohol Awareness (October)

- Managing alcohol intake, responsibly.

Shift Strategies (November)

- Realistic tips for eating well on shift.

Fat Loss (December)

- The basics of fat loss and body recomposition.



12, 10-minute high energy videos



Realistic nutrition tips for busy firefighters.



Delivered by a Registered Dietitian with 7+ years of experience working with firefighters

COST: \$1,100