



LEO RECRUIT NUTRITION ACADEMY

Preparing for the Academy (60 min)

Recruit Meet & Greet: 2 weeks before the academy

Topics: Meal times and preparation, hydration, rhabdomyolysis prevention

Handouts: Preparing for the Academy & Rhabdomyolysis

\$800

2 Presentations

Prep for the Academy
Nutrition on Patrol

Nutrition 101 (60 min)

Orientation Week: Week 1 of the academy

Topics: General nutrition, hydration, and supplements

Handouts: Preparing for the Academy & Rhabdomyolysis

\$1,200

3 Presentations

Prep for the Academy
Sleep & Resilience
Nutrition on Patrol

Sleep and Resilience (60 min)

Midway

Topics: Sleep and optimizing recovery

****recommended****

Nutrition on Patrol (60 min)

Graduation Week: Last week of the academy

Topics: Nutrition for +12-hour shifts

Handouts: Fire Station Dinner Recipe Book

\$1,600

4 Presentations

Prep for the Academy
Nutrition 101
Sleep & Resilience
Nutrition on Patrol

Add personalized macro reports for each recruit (\$50/recruit)



Prevent hydration-related injuries and rhabdomyolysis



Optimize performance and body composition



Realistic nutrition tips for each leg of the academy and career