

RECRUIT NUTRITION CURRICULUM

Preparing for the Academy (30 min)

Recruit Meet & Greet: 2 weeks before the academy

- Mealtimes and preparation
- Hydration
- Supplements introduction
- Rhabdomyolysis prevention

Handouts: Preparing for the Academy & Rhabdomyolysis

Nutrition 101 (60 min)

Orientation Week: Week 1 of the academy

- General nutrition
- Hydration
- Caffeine
- Supplements (in detail)
- Rhabdomyolysis prevention (review)

Handouts: Preparing for the Academy & Rhabdomyolysis

EMS to Fire Adjustments and Resilience (60 min)

EMS to Fire Transition: Halfway through the academy

- Calorie adjustments for fire suppression
- Hydration for fire suppression
- Physical/mental resilience
- Sleep strategies
- Alcohol

Handouts: Weight Gain/High Calorie Ideas

Nutrition in the Firehouse (60 min)

Graduation Week: Last week of academy

- Nutrition for 24-hour shifts
- Busy vs. slow-shift nutrition
- Rookie dinner

Handouts: Fire Station Dinner Recipe Book



Prevent hydration-related injuries and rhabdomyolysis



Optimize performance and body composition



Realistic nutrition tips for each leg of the academy and career