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# 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 the 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**