



# RESCUE RD

TACTICAL NUTRITION CONSULTING



Megan Lautz, MS, RDN, TSAC-F

Helping firefighters perform better, recover faster, and enjoy long, healthy retirements.

## Results achieved in reducing clinical risk factors in firefighters.

**96%**

Of coaching clients made a lifestyle change

**14.3**

Average pounds lost

**2.5%**

Average body fat lost

**30**

Up to 30-point reduction in cholesterol

**2%**

Up to 2% reduction in HgbA1c

## SERVICE OFFERINGS

### Initial Nutrition Consultation **\$150**

60-minute individualized nutrition consultation. Includes bloodwork review, personalized calorie and macronutrient report, and email follow-up.

### Zoom Consult or Follow-Up **\$75**

30-minute individualized nutrition consult or detailed follow-up.

### 60-Minute Presentation **\$350**

60-minute nutrition, fitness, or wellness presentation tailored to your department.

### Recruit Nutrition Curriculum **\$1,200**

200 minutes of lecture time including Preparing for the Academy, Nutrition 101, Nutrition & Resilience, and Nutrition in the Firehouse.

### Hourly Rate **\$100**

Fitness instruction, walk-in nutrition coaching, nutrition in-services, etc.

## BACKGROUND

- Registered Dietitian
- Masters in Sports Nutrition
- Tactical Strength and Conditioning Facilitator (NSCA)
- Certified Personal Trainer (NASM)
- Corrective Exercise Specialist (NASM)
- Full-time experience providing wellness education to firefighters, police officers, correctional officers, and more

## CONTACT

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🌐 [RescueRD.com](http://RescueRD.com)