




Tactical Nutrition and Wellness Services

We are on a crusade to improve the metabolic health and wellness of our first responders through proper and sustainable nutrition assessments and recommendations. 77-83% of our first responders in the United States are overweight or obese while 88% have some sort of metabolic dysfunction. Our first responders deserve better! Our services provide a deeper dive into the labs and biomarkers that are most closely associated with chronic disease including heart disease, diabetes, and cancer. Our services go beyond the basic assessment. Once the assessment is complete, it is followed by sustainable and practical nutrition recommendations that can directly improve metabolic health and/or weight loss, depending on the goals of the first responder.



Bryan Snyder RD, LD, CSSD
Tactical Dietitian

Complete Nutrition Lab Assessment

Service Details:

- Comprehensive Lab Assessment looking at specific risk factors associated with chronic disease and metabolic syndrome.
- 60 Minute Consultation creating an environment where first responders can ask questions on anything related to health and wellness, performance, sleep, or nutrition.
- Customized Nutrition Education based on labs and goals including detailed education on how to improve labs associated with metabolic syndrome (TG, BP, Waist Circumference, Blood Glucose, HDL)
- Education and materials identifying the TOP 5 changes that first responders can make right now to improve their labs and hit their goals.
- Healthy recipes and snack lists for the firehouse

Cost: \$195.00 per firefighter

We recommend this service is paid for by each department as a service provided to firefighters. If firefighters want a custom nutrition program beyond this service, it would be paid for by the individual firefighter out of their pocket. Details of that service are in additional PDF.

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