

Tactical Nutrition and Wellness Services

The most underserved profession in the workforce when it comes to nutrition, exercise, sleep, and metabolic health is our first responders. I am on a crusade to improve metabolic health, improve weight and body composition, and reduce chronic disease in our firefighters. Stress, metabolic health, and inflammation crush our immune system and metabolism. One thing that is oftentimes forgotten is the relationship between diet and mental health/cognition. What we eat has giant implications on our cognitive decision making capabilities and mental sharpness, which are obviously important when decisions need to be made and you need quick reaction time. If we optimize diet and nutrition, we can optimize our mental and physical health which are all positive indicators of being an optimal firefighter. We specialize in optimizing health and wellness in a practical and sustainable way which should lead to better performers on the job and a reduction in chronic disease in retirement.



Bryan Snyder RD, LD, CSSD
Tactical Dietitian
Cell: 719-640-4662
Email: snyder.bryan16@gmail.com

3 or 6 Month Nutrition Program

Service Details:

- **Initial Consultation**
- **Lab Assessment**
- **Nutrition Program (customized to your specific shift)**
- **Grocery List**
- **Healthy Snack List**
- **Bi-Weekly Check-Ins for 3 Months**

See Page 2 for Specifics!



Email: snyder.bryan16@gmail.com | Cell Phone: 719-640-4662

Initial Consultation-All about YOU!

This is an opportunity for us to sit down and for me to simply listen to you as the client. It is truly all about you. What questions have you always wondered about diet and nutrition? What are you struggling with? Are you yo-yo dieting? How are your labs? Have you plateaued with your weight? Are you not seeing the gains in the weight room you would like? Is your energy not where you would like it? How are your stress levels? We will spend as much time as needed discovering how I can best help to optimize your health and wellness so that it doesn't become a mental or physical distraction on the job.

Lab Analysis-We believe that one of the best ways to determine overall health is to get an idea of what your blood/labs are telling us. Weight can be an ok determinant of health but the best picture that is painted of health and wellness comes from your blood. Fortunately, we have those records and together we can take a "deep dive" into what these labs mean from a health and wellness standpoint and we can discuss what interventions can take place to improve these labs the natural way through proper diet and nutrition.

Nutrition Programming:

After the initial consultation is completed, I will take the information learned and create a plan that fits your needs. The plan will be tailored to you AND we will make it practical and sustainable and build it in to your busy schedule. A nutrition program means nothing if you can't apply it. I understand your schedule is crazy, you are working through the night on little sleep, you don't have energy to exercise etc. We will build your nutrition program directly into your daily schedule to make it as easy to apply as possible. We will cover in detail how much you should be eating, when you should be eating, and what you should be eating in order to attain your goals. We also will provide you with a grocery list that is tailored specifically to where you shop along with a snack list and recovery shake recipes for after workouts. We also will discuss other ways to optimize your health which includes getting quality sleep and having great sleep hygiene AND how to match your routine with your workouts so you can reap the benefits of everything at once! The one size fits all approach that you may have been told in the past of "eat less and exercise more" does not apply here. We will take your daily schedule and implement this plan right into it and look forward to the opportunity to serve you.

Bi-Weekly Follow Ups

This is not a one and done program. I simply will not send you a plan and expect you to implement everything on your own. Follow ups and accountability checks are crucial to the success of the program. There be questions that you may have and I will make myself available to you by giving you my personal cell phone number and email address. We also will schedule Bi-Weekly follow ups for either 3 months or 6 months to make modifications as necessary and to simply be a resource at all times.

3 Month Program--\$750.00

6 Month Program -- \$1,200.00

If you have already completed the lab assessment with me through your department, there will be a \$125.00 discount applied to the prices above.

3 Month Program--\$625.00 with lab assessment completed
6 Month Program--\$1,075.00 with lab assessment completed