



FIT FOR DUTY

LEO PERFORMANCE WORKSHOP

NUTRITION

Nutrition 101
Supplements
Hydration
Caffeine
Sleep & Recovery
Shift Strategies
Food Demo of
Buffalo Chicken Wraps
& Reeses Smoothie

FITNESS

Training for Longevity
Program Design &
Implementation
Time Strategies
Hands on Application
Training Large Groups
Training with
Limited Resources
Mobility & Recovery



Have you ever felt frustrated that traditional nutrition and fitness advice does not fit your lifestyle as a first responder? This course is for you! Learn how to eat better on the go while improving energy levels and overall performance. Discover sleep, fitness, and hydration strategies for shift work. The course includes a food demonstration on 11/14 and workouts on 11/15. This hands-on training will show you realistic strategies to stay well on shift. Please wear athletic clothing and footwear.

Email Dr. Mark Bowman to register: mdbowman@methodist.edu

NUTRITION
Thurs, 11/14/24

FITNESS
Fri, 11/15/24

8:00 AM - 4:00 PM

Durham HQ: 602 E. Main Street,
Durham, North Carolina 27701

MEGAN LAUTZ, MS, RD, CSCS, TSAC-F

Megan is a dietitian who specializes in first responders nutrition. She shows LEOs how to eat better around lack of sleep, time, and money. Megan works full-time for Fairfax Police, providing coaching and station visits.

BRANDON HOLDER, CSCS, USAW

Brandon Holder, B.S, CSCS, RSCC is the strength and conditioning coordinator with Fairfax Police. He has 10+ years of coaching experience with law enforcement and in athletics. Brandon has presented for the NSCA, IACP, and written articles on Law Enforcement health and wellness.