



FREE! NUTRITION COACHING

Email megan.lautz@fairfaxcounty.gov to schedule an appointment at OHC, Wellfit, on the phone, or Zoom.

Struggling to eat well as a first responder? Sign up for a FREE nutrition coaching session with a tactical dietitian!

Each session is tailored to the officer's lifestyle and career. The first session typically takes 50 minutes with follow-ups taking 20 minutes. You can schedule as many as you need!

Topics include - weight loss, weight gain, performance nutrition, diabetes management, cholesterol management, and more!



Megan Lautz, MS, RD, CSCS, TSAC-F

@Rescue.RD

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