



## WELLFIT RESOURCES

# NUTRITION & PERFORMANCE

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



Megan Lautz is a Registered Dietitian and trainer with a Masters in Sports Nutrition. While a civilian, Megan has strived to understand the challenges first responders face when trying to stay healthy. She has trained for and passed CPAT, completed several ride alongs, and is invested in optimizing nutrition at all stages of a first responder's career.

**Megan's mission is to help first responders perform better, recover faster, and enjoy long retirements.**

## STATION VISITS

### Nutrition Discussion

30-60 minute roundtable discussion about healthy eating, portion control, optimizing sleep, time management, and more!

### Smoothie or Healthy Lunch Demo

30-minute smoothie or wrap demonstration. Requires purchasing ingredients ahead of demo for 3 smoothies or 1-2 wraps out of the house fund. No cost to station, funds provided by OHC.

### Station Dinner

Hand your station dinner prep over to the RD for the night! The dietitian will grocery shop and prepare a healthy meal for 6-14 people for the standard cost of dinner (no cost to station).

### Foam Rolling & Mobility Demo

30-minute foam rolling demonstration, ideal for reducing pain and stiffness.

## FITNESS IMPROVEMENT PLANS

Nutrition coaching is a requirement for station and light duty FIPs. Don't wait - sign up for nutrition coaching to help prepare for FMAP.

## FREE NUTRITION COACHING

30-60 minute confidential consultation tailored to your individual nutrition needs. Schedule an appointment at OHC, Wellfit, HIPPA-protected Zoom, or on the phone.

### To Book Your Appointment:

- ☐ Email [megan.lautz@fairfaxcounty.gov](mailto:megan.lautz@fairfaxcounty.gov) for access to the **Healthie App**
  - ☐ Log meals and workouts (including macros/pictures/symptoms)
  - ☐ Track metrics (weight, body fat, blood pressure, etc.)
  - ☐ View handouts and other documents
  - ☐ Schedule appointments Send messages/questions
  - ☐ Information shared in this app is strictly confidential and not shared with OHC in any way
- ☐ Complete the Pre-Assessment form in the Healthie App



Healthie



**Schedule a visit by emailing [Megan.Lautz@fairfaxcounty.gov](mailto:Megan.Lautz@fairfaxcounty.gov)**