

# First Responders Foundation Physical Health



## PERSONALIZED NUTRITION COACHING

Nutrition needs to be the base of the pyramid if you want to maximize health and performance. A Precision Nutrition Certified Coach will meet with you personally and help guide you on your journey to better health. We do not believe in labeling food as good or bad or healthy or unhealthy. Our program will help you build a healthy relationship with food and build lifelong habits. Free consultations available upon request.

Coaching includes:

- Education on Macronutrients (protein, carbs, fats) and healthy eating habits.
- Calculation of your MACRO's based on your height, weight, age, and activity level to reach your individual goals.
- MACRO adjustments throughout the coaching.
- Meetings one-on-one with your coach.
- Accountability and support through the process.
- Measurements to track progress.

For more information contact Physical Health / Fitness Director Adam Tripp at [adam@firstrespondersfoundation.org](mailto:adam@firstrespondersfoundation.org) or call 402-788-1574. Prices start at \$69/month.

**To register:** <https://frf.pushpress.com/open/subscribe/eus6>

