

# Human Performance & Optimization

## South Metro Fire Rescue

### Nutrition 101



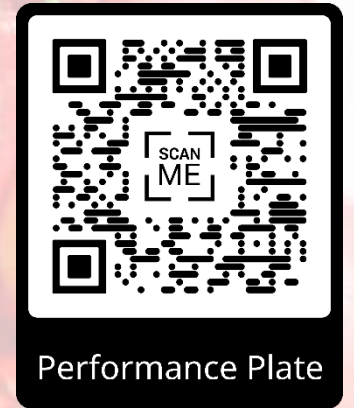
Macronutrients



Foundations



Caffeine



Performance Plate



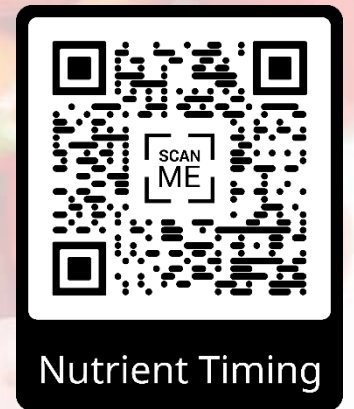
Micronutrients



Mindful Eating



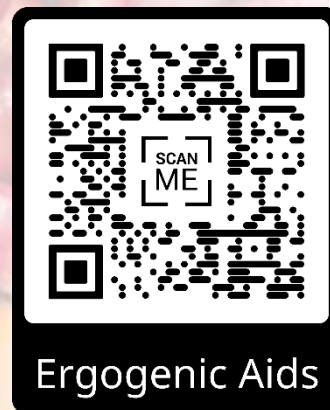
Energy



Nutrient Timing



Supplements



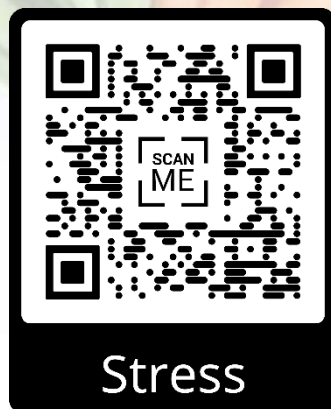
Ergogenic Aids



Sleep



Testosterone



Stress

Fostering the healthiest, fittest, best prepared, & highest performing emergency services organization in the world!



Professional Development Inquiry