



# Performance Nutrition for Law Enforcement

A course designed to help enhance personal nutrition.

**8:00am—12:00pm on 22 JAN 2024**  
**Seattle, WA**

## Course Goals

- (1) Refresh foundational nutritional principles and best practices.
- (2) Build individualized meal plans, based on individual needs and preferences.

## Course Overview

*In 4 hours:*

Students will learn the basics of macronutrient and micronutrient composition, find whole food examples of all nutrient types, and build a daily nutritional plan based on their daily caloric needs. Special considerations like nutrient timing, supplementation, and healthy options in a pinch will also be explored.

**Instructor: CPT Josh Moen of the Washington Army National Guard.** Former college athlete and FBS College Strength Coach, and current Holistic Health and Fitness Integrator Instructor as well as a Tactical Strength and Conditioning Coach with the National Strength and Conditioning Association.

To register and attend this **FREE TRAINING**, brought to you by the Western Regional Counterdrug Training Center, visit **WWW.WRCTC.ORG**