

Firefighter Nutrition

CALM & RESTORE



The nature of firefighting puts community heroes like you at higher risk for:



Physical injury



Stress overload



Cardiovascular disease



Overexertion

Every call triggers your body's alert system. Adrenaline is the main chemical that acts on your body and brain.

ADRENALINE

MOBILIZES FUEL

Increases blood sugar & circulates fatty acids for fueling action

DIVERTS BLOOD TO MUSCLES

Less bloodflow for digestion

INSULIN RESISTANCE

Blood sugar remains high for on-demand energy

All of these metabolic changes serve an important purpose:
for your body and brain to perform in urgent situations.
But what goes up, must come down.

Calm and Restore



Nutrition

Eat a nourishing meal as soon as able



Relax

Debrief, connect, find joy and calm



Sleep

Set yourself up for adequate,
quality sleep as soon as able



Move

Gentle or vigorous—know your body
and know your own needs and abilities



Self-Care

Therapy, nature, family,
meditation, hobbies, purpose

