FFR Performance Nutrition is comprised of four comprehensive modules taught to enhance the performance of the warfighter. After successful completion of the course, the participant will be able to:

1. Identify nutritional strategies to improve daily work productivity
2. Apply optimal body composition strategies and tips based on mission set
3. Plan meals, shop smart, and acknowledge healthy choices when dining out
4. Improve personal readiness, lethality, and resiliency using best fueling options provided

Modules

01 Foundational Nutrition
Unit 1. Review of Fundamentals
Unit 2. Exercise physiology and metabolism

02 Holistic Nutrition
Unit 1. Nutrigenomics
Unit 2. Nutraceuticals
Unit 3. Ketogenic Diet
Unit 4. Whole Foods Diet
Unit 5. Behavior Change

03 Nutritional Fitness
Unit 1. Sports Nutrition
Unit 2. Dietary Supplements

04 Tactical Nutrition
Unit 1. Tactical Nutrition
Unit 2. Heat Acclimatization
Unit 3. Nutrient Timing

Summer Course
• May 26
Modules 1 & 2
• June 16
Modules 3 & 4

Fall Course
• Sep. 22
Modules 1 & 2
• Oct. 27
Modules 3 & 4

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