



Megan Lautz, MS, RDN



Registered Dietitian & Trainer



Montgomery County Government



UMD Dietetic Internship Coordinator



NASM-CPT, NASM-CES, TSAC-F

Megan Lautz is a Registered Dietitian with a Masters in Sports Nutrition. Megan leads nutrition and fitness campaigns that target the unpredictable lifestyle of first responders, bus operators, and warehouse employees.

Megan's mission is to help her clients perform better, recover faster, and live longer.

SERVICE OFFERINGS

Nutrition

- Individualized nutrition coaching (high cholesterol, weight management etc.)
- Healthier station dinner and lunch demos
- Nutrition presentations (station/trainings)
- Recruit and CPAT nutrition curriculum

Fitness

- Personal training
- Group fitness instruction
- Mobility (foam rolling) demonstrations
- Body fat assessments (Omeron, Inbody)

CONTACT

Interested in a personal consult, group workout, or presentation? Contact Megan for more information:



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@rescueRD