

# NUTRITION + EXERCISE

POWERING TACTICAL PERFORMANCE



**Fuel + Training Work Together. Peak performance happens when nutrition and physical training support each other — not one without the other.**

## NUTRITION DRIVES READINESS

### PROPER FUELING HELPS:

- + Maintain energy
- + Speed recovery
- + Sharpen focus + reaction time
- + Support immune health

Key fuels: lean protein, quality carbs, healthy fats, hydration

## TOGETHER = STRONGER + SAFER

### THIS COMBO SUPPORTS:

- + Faster muscle repair
- + Better temperature control
- + Stable performance under fatigue

Result: Ready at all times

## SMALL HABITS = BIG IMPACT

### DAILY READINESS GROWS FROM:

- + Smart fueling
- + Hydration
- + Quality sleep
- + Consistent training

Reduce burnout. Enhance mission success.



**Ready to elevate your performance?**  
**Contact your local **WARR-Semper Fit** team today!**