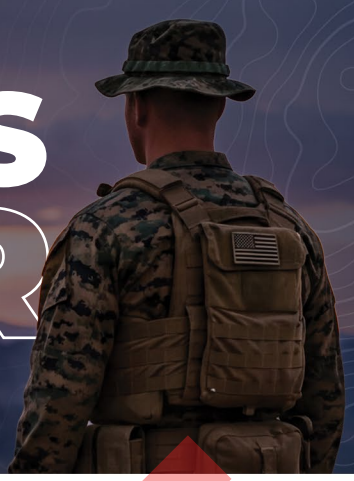
VERSION 1 | MODIFIED: 11.5.2026

THE BASICS MATTER



SLEEP | **NUTRITION** | **MOVEMENT**

BUILD THE FOUNDATION. PERFORM CONSISTENTLY.

SLEEP RECOVER

Rest to help aid your body and brain with recovery.



WHY IT MATTERS

- Provides energy for training and daily demands.
- Supports muscle repair and growth.
- Helps maintain hydration and performance.

THE BASICS

- Include protein throughout your day.
- Use carbohydrates to support activity.
- Hydrate consistently.
- Avoid underfueling before training.

DO THIS

Set your sleep window before setting your alarm.

NUTRITION FUEL

Give your body the energy and building blocks it needs.



WHY IT MATTERS

- Provides energy for training and daily demands.
- Supports muscle repair and growth.
- Helps maintain hydration and performance.

THE BASICS

- Include protein throughout your day.
- Use carbohydrates to support activity.
- Hydrate consistently.
- Avoid underfueling before training.

DO THIS

Build your next meal around protein + produce + performance fuel.

MOVEMENT ADAPT

Build the capacity to perform the tasks you ask of your body.



WHY IT MATTERS

- Provides energy for training and daily demands.
- Supports muscle repair and growth.
- Helps maintain hydration and performance.

THE BASICS

- Include protein throughout your day.
- Use carbohydrates to support activity.
- Hydrate consistently.
- Avoid underfueling before training.

DO THIS

Train for what you need your body to do.

THE 30-SECOND READINESS CHECK

Before you worry about the next supplement, recovery gadget, or optimization strategy; ask:

DID I RECOVER?	DID I FUEL?	DID I MOVE?
Did I get enough quality sleep?	Did I eat/hydrate enough for today's demands?	Did I eat/hydrate enough for today's demands?
☐ YES	☐ YES	☐ YES
☐ NEEDS WORK	☐ NEEDS WORK	☐ NEEDS WORK

IF ANY ANSWERS ABOVE ARE "NEEDS WORK" START THERE.

SMALL CHANGES TODAY BUILD A STRONGER YOU TOMORROW.

Evidence base: Academy of Nutrition and Dietetics / Dietitians of Canada / ACSM - Nutrition and Athletic Performance; Walsh et al., Sleep and the Athlete: 2021 Expert Consensus Recommendations; U.S. Physical Activity Guidelines for Americans. For more resources and information on sleep, nutrition, or movement, contact your local Semper Fit team.

MCCS SEMPER FIT

DRAFT