

HOW NUTRITION AFFECTS PERFORMANCE AND HEALTH

ENERGY LEVELS:

The right balance of nutrients, carbohydrates, fats, and proteins provides energy for emotional regulation, mental performance, and physical performance. The right amount of nutrient intake ensures you have enough energy to perform at work and at home.

RECOVERY CAPABILITIES:

Proper fueling and refueling aid in muscle recovery and play a vital role in the prevention of injuries and improved performance over time. Additionally, you are able to recover from musculoskeletal injuries.

MENTAL WELL-BEING:

Multiple studies have shown relationships between stress management, mental function, and memory. Food choices and quantities of food can help improve attention span and decision-making and reduce reaction time. To boost mental health, focus on eating fresh fruits and vegetables and foods high in omega-3 fatty acids (salmon) or dark green vegetables that help to protect the brain.

Nutrition choices do not just affect physical performance and fitness. Nutrition also plays a critical role in mental fitness. Not only does Semper Fit provide services located at the installation; there are also external resources as part of the Marine Corps Total Fitness portfolio that can support you.

Service Member Resources: [The Warfighter Guide to Nutrition: Performance Nutrition \(marines.mil\)](#).

Family Resources: [Practicing Good Nutrition in the Military | Military OneSource](#).

For more resources and information, contact your local **Semper Fit**.

