

TRAINING SMART NOT JUST HARD

INJURY PREVENTION TIPS



Fueling and hydrating around physical activity helps improve performance, prevent injury, and supports long-term readiness. Warm up, follow a balanced training plan, increase intensity gradually, and schedule rest days to help your body rebuild.



FUEL AND HYDRATE

before, during, and after physical activity.



WARM UP BRIEFLY

to prepare your body for movement.



FOLLOW A BALANCED WORKOUT PLAN

that includes strength, cardio, and mobility/flexibility work.



INCREASE TRAINING GRADUALLY

to slowly ramp up volume, intensity, and frequency.



SCHEDULE REST DAYS

to let your body recover and rebuild.



LIMIT ALCOHOL CONSUMPTION

to support overall performance and recovery.

Take your training to the next level. Reach out to your local [WARR / Semper Fit Performance Education team](#) for support.