



FUEL YOUR FITNESS WITH 12REPS
THE KEY TO OPTIMISING PERFORMANCE
THROUGH NUTRITION”

PURPOSE

To optimise performance and achieve the best results from your training, nutrition is the cornerstone of success. That's why we've created this handbook—to provide you with straightforward guidance on the principles of nutrition.

Whether your goal is to:

- » Improve overall health and wellbeing
- » Lose weight
- » Build muscle mass
- » Enhance daily productivity

Why Download the 12Reps App?

Your goal isn't just to train—it's to transform. With the 12Reps app, you'll get:

- » **Step-by-step guidance** through every phase of the program.
- » **Progress tracking** so you can see how much stronger you're getting.
- » **Video tutorials** to perfect your form and maximise your results.

Take control of your training and achieve the gains you've been working for— download 12Reps now!



NUTRITION WILL PLAY A PIVOTAL ROLE.

At 12Reps, our goal is to empower you to make better food choices and prioritise a healthy, active, and balanced lifestyle. Let this guide be your roadmap to achieving your fitness goals while improving your overall quality of life.

Macronutrients: The Building Blocks of Health

Macronutrients are essential nutrients the body requires in large quantities to maintain health. They provide energy, support bodily functions, and help prevent disease. The three primary macronutrients – carbohydrates, protein, and fat – play vital roles in fueling the body, repairing muscle tissue, and protecting organs. They also contribute to regulating hormone levels, ensuring your body functions optimally.

Micronutrients: Small but Mighty

Micronutrients, including vitamins and minerals, are crucial for development, disease prevention, and overall wellbeing. Except for Vitamin D, the body cannot produce these nutrients, so they must be obtained through diet. Although needed in smaller amounts, micronutrients are key to hormone balance, brain development, and immune function.

Key Functions:

- » **Vitamin A:** Maintains healthy skin.
- » **Vitamin D:** Supports strong bones.
- » **Calcium:** Contributes to energy metabolism.
- » **Vitamin B6 & C:** Vital for psychological and metabolic functions.

Carbohydrates: Energy Powerhouse

Carbohydrates are the body's main energy source. They are converted into glucose, which fuels bodily functions. There are two types:

- » **Complex Carbohydrates:** Slowly digested, provide sustained energy, and avoid blood sugar spikes.
- » **Simple Carbohydrates:** Quickly absorbed, causing rapid insulin spikes but essential in moderation from whole foods like fruit.

Healthy Complex Carb Sources:

- » Sweet potatoes
- » Quinoa
- » Brown rice and whole – grain pasta
- » Chickpeas, beans, and lentils
- » Oats

Simple Carbs to Avoid:

- » Sugars (raw, brown, corn syrup)
- » Refined products like sweets and fizzy drinks

Fats: Not the Enemy

Fats are essential for energy, vitamin absorption, and heart health. The key lies in choosing the right type:

- » **Monounsaturated Fats:** Found in olives and avocados; supports heart health.
- » **Polyunsaturated Fats (Omega-3):** Found in salmon, flaxseeds, and walnuts; aids hormone balance and brain function.
- » **Saturated Fats:** Found in animal products; should be consumed sparingly to lower heart disease risk.

Proteins: The Body's Repair Kit

Proteins are vital for cell repair, muscle building, and overall growth. Derived from a variety of sources, they should make up 20-35% of your daily caloric intake.

Top Protein Sources:

- » Lean meats, chicken, and fish
- » Eggs and dairy
- » Plant-based options like lentils, chickpeas, and nuts

Essential amino acids—such as leucine, lysine, and valine—must be obtained from your diet.

Balanced Diet Tips:

- 1 **Follow a 60-70% carbohydrate, 10-12% protein, 20-25% fat calorie ratio.**
- 2 **Never skip meals,** particularly breakfast.
- 3 **Incorporate fresh foods** like salads, fruits, and vegetables.
- 4 **Hydrate well**—always keep water handy.
- 5 Eat at least five portions of fruits and vegetables daily.



ALCOHOL'S IMPACT ON HEALTH

While moderate alcohol consumption is considered acceptable, excessive drinking can harm the brain, liver, and other organs, leading to conditions like fatty liver disease and increased cancer risks. Limit your intake to maintain a healthy balance.

Fruits: Nature's Superfoods

Fruits like berries, oranges, and guava are packed with antioxidants, which protect the body from free radicals, boost immunity, and support brain health.

Exercise and Sleep: A Symbiotic Relationship

Regular physical activity enhances mood, energy levels, and cognitive function, while also improving sleep quality. Adequate rest allows the body to recover, build muscle, and reduce injury risk.

Tips:

- » Moderate aerobic exercises enhance sleep for all ages.
- » Resistance training benefits those with insomnia.

Exercise for Mental Health

Exercise is not just for the body—it's a powerful mental health tool. It helps:

- » Reduce stress, anxiety, and depression
- » Boost self-esteem and cognitive function
- » Enhance overall mood

The 12Reps Vision: Empowering You to Thrive

At 12Reps, we believe in building a community where nutrition, exercise, and mental health intersect. By understanding the science behind macronutrients, micronutrients, and balanced living, you can take control of your health and achieve your fitness goals.

Let's fuel your journey to a stronger, healthier, and more empowered you!

Download the 12Reps app today and start your 7 days free trial.