Performance TRIAD Plan for Activity

# DON'T GET SIDELINED... TRAIN SMART!

- Tailor warm-ups to a specific activity to enhance performance.
- Wear synthetic-blend socks like polyester and acrylic (not cotton) to prevent blisters.
- Wear a mouthguard for high-risk activities like combatives, football, basketball, boxing, soccer, and extreme sports.

Professional SOLDIER ATHLETE
HERE IT'S NOT A GAME

U.S.ARMY

**TRAIN SMART, GET RESULTS, AND PREVENT INJURIES.**
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SLEEP, ACTIVITY, AND NUTRITION AT ARMYMEDICINE.MIL