

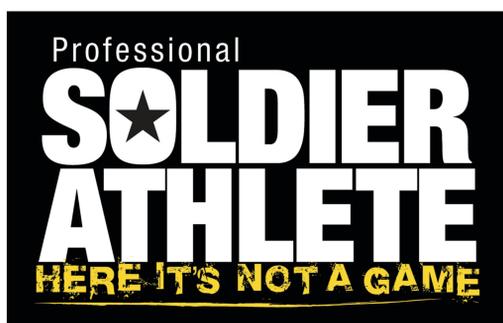
Winning Game Plan

-  Full Night of Sleep
-  Smart Training Routine
-  Diet Rich in Nutrients



MOVE OUT WITH THE PERFORMANCE TRIAD

Sleep, Activity, and Nutrition



LEARN MORE ABOUT THE PERFORMANCE TRIAD:
SLEEP, ACTIVITY, AND NUTRITION AT ARMYMEDICINE.MIL