

## Winning Game Plan

 7-8 Hours of Sleep Per Day

 Regular Activity

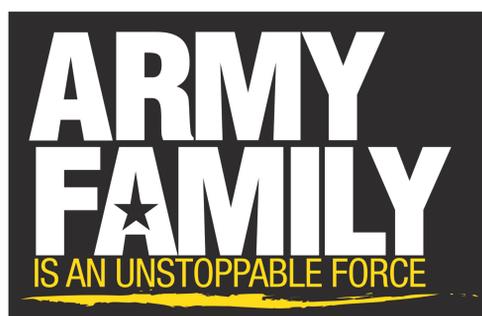
 Diet Rich in Nutrients



# BEING HEALTHY IS BEAUTIFUL

**Boost your confidence as you  
work toward healthy living.**

**Get quality sleep, be active,  
and eat well.**



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