



STAY ACTIVE TO LIVE A LONG AND HEALTHY LIFE

- ➔ Regular physical activity can help manage chronic conditions such as arthritis, high blood pressure, and type-2 diabetes.
- ➔ Being active helps you recover from injuries faster.
- ➔ Talk to your health care provider about activities that would work best for you.

Performance TRIAD

Plan for Activity



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