

## Winning Game Plan

 7-8 Hours of Sleep Per Day

 Regular Activity

 Diet Rich in Nutrients



# SUSTAIN HEALTHY HABITS WITH THE PERFORMANCE TRIAD

Retiring from the Army means you'll have lots of changes in the next phase of your life.

Creating a healthy balance of **Sleep**, **Activity**, and **Nutrition** can help ease your transition to retirement.



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