



LIVE A LONG HEALTHY LIFE BY STAYING ACTIVE

Performance TRIAD



Plan for Activity

- ➔ Staying active can help you fight chronic conditions, stress, and unwanted weight gain.
- ➔ It can also improve and maintain flexibility and strength as you age.
- ➔ Choose activities you enjoy and commit to getting activity every day.



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