

BE ACTIVE for good health

- ➔ Regular movement increases blood flow, burns calories and helps to maintain a healthy weight.
- ➔ Prolonged sitting increases the risk of blood clots, diabetes, heart disease, cancer and obesity.
- ➔ Get at least 150 minutes of moderate intensity exercise per week, but also move at least 10 minutes of every hour.
- ➔ Walk 10,000 steps during your everyday routine.



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Train smart, get results, and prevent injuries.

Learn more about the Performance TRIAD at
[HTTP://ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)

Optimize Your Performance

Tips for the Soldier Athlete



Professional
**SOLDIER
ATHLETE**
HERE IT'S NOT A GAME



TRAIN SMART and avoid injuries!

- ➔ Optimize your performance by training smart. An injury can put you on the sidelines!
- ➔ Gradually increase the intensity and duration of any new workout.
- ➔ Vary your workouts to include a combination of strength, endurance, balance, agility, and coordination training.
- ➔ Wear a mouthguard for high-risk activities like combatives and contact sports.
- ➔ Train your core muscles (4 For The Core) to reduce the risk of low back injuries.
- ➔ Don't delay healthcare for an injury. If you experience an injury, see your BN medical provider right away.

PREPARE to PERFORM

- ➔ Dynamic warm-ups (moving through the range of motion for each target area) before exercising increase temperature of the tissue and help optimize performance.
- ➔ Warm-ups tailored to a specific activity enhance performance.
- ➔ Walk before jogging; jog before running; run before sprinting.
- ➔ Always warm-up before playing sports.
- ➔ Warm-up specifically for each APFT event.

RESISTANCE TRAINING

- ➔ Resistance training can improve military job performance.
- ➔ Work each major muscle group 2 or 3 days each week.
- ➔ Warm up with light weights.
- ➔ Contract your core muscles (pull your belly button up and in) when lifting.
- ➔ Gradually increase the weight and/or number of repetitions.
- ➔ Don't hold your breath; exhale during the lift.
- ➔ Execute each lift with a slow, controlled motion.
- ➔ Use caution when lifting heavy weight plates to load and unload a barbell.
- ➔ Train with a spotter when lifting to muscle failure.

RUNNING

- ➔ Increase your running mileage by no more than 10% a week.
- ➔ Cross training is important...try not to run more than 30 minutes, 3 days per week unless you are an experienced runner.
- ➔ Follow PRT guidelines for "speed running" to improve APFT 2-mile run performance.
- ➔ Replace your shoes when they become worn.