

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.



U.S. ARMY

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

AT [HTTP://ARMYMEDICINE.MIL](http://armymedicine.mil)

