



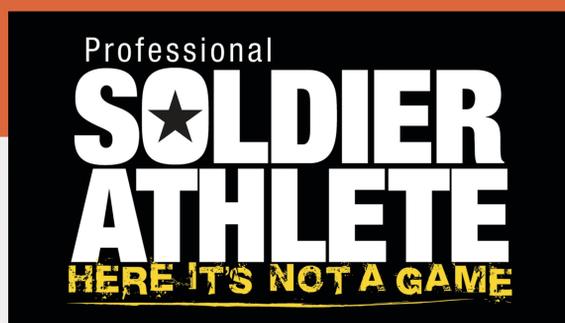
Performance TRIAD
Plan for Activity



DON'T GET SIDELINED... TRAIN SMART!



- ➔ Tailor warm-ups to a specific activity to enhance performance.
- ➔ Wear synthetic-blend socks like polyester and acrylic (not cotton) to prevent blisters.
- ➔ Wear a mouthguard for high-risk activities like combatives, football, basketball, boxing, soccer, and extreme sports.



TRAIN SMART, GET RESULTS, AND PREVENT INJURIES.
LEARN MORE ABOUT THE PERFORMANCE TRIAD:
ACTIVITY, NUTRITION, AND SLEEP AT ARMYMEDICINE.MIL