



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.

Performance TRIAD
Plan for Activity



U.S. ARMY

TRAIN SMART, GET RESULTS, AND PREVENT INJURIES.

LEARN MORE ABOUT THE PERFORMANCE TRIAD: **ACTIVITY**, **NUTRITION**, AND **SLEEP**
AT [HTTP://ARMYMEDICINE.MIL/PERFORMANCETRIAD/INDEX.CFM](http://armymedicine.mil/performance-triad/index.cfm)



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

