



GET FIT, NOT INJURED!

- ➔ Get help! Work with a certified physical fitness trainer* or a physical therapist.
- ➔ Vary your workouts to include a combination of strength, endurance, and mobility training.
- ➔ Don't do too much too soon! Start slowly especially if you're a beginner.

Performance TRIAD
Plan for Activity



U.S.ARMY

TRAIN SMART, GET RESULTS, AND PREVENT INJURIES.

LEARN MORE ABOUT THE PERFORMANCE TRIAD: SLEEP, ACTIVITY, AND NUTRITION
AT [HTTP://ARMYMEDICINE.MIL](http://armymedicine.mil)

*Certified by the American College of Sports Medicine (ACSM) or the National Strength and Conditioning Association (NSCA)

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

