

# ARMYMEDICINE.MIL

## It's All About Health.

Learn How Sleep  
Affects Your Health



Join Others & Challenge  
yourself & your Family  
to become more Active



Share recipes  
to Improve  
Your Nutrition



Get Quality **Sleep**



Engage in **Activity**



Improve **Nutrition**

Access [armymedicine.mil](http://armymedicine.mil) for Information,  
Tools, and Tips to Improve Your Health.



[armymedicine.mil](http://armymedicine.mil)

