



Performance TRIAD  
Plan for Nutrition



# LOSS OF WATER= LOSS OF PERFORMANCE



- ➔ Don't wait until you are thirsty to drink.
- ➔ Cool, plain water is the best performance fluid replacer.
- ➔ Drink regularly and frequently...before, during, and after activity.
- ➔ When performing strenuous activity for more than 60 minutes, use a sports drink containing sodium and carbohydrates to hydrate and fuel performance.



**EAT RIGHT AND GET RESULTS.**

LEARN MORE ABOUT THE PERFORMANCE TRIAD:

**ACTIVITY**, **NUTRITION**, AND **SLEEP** AT [ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)