

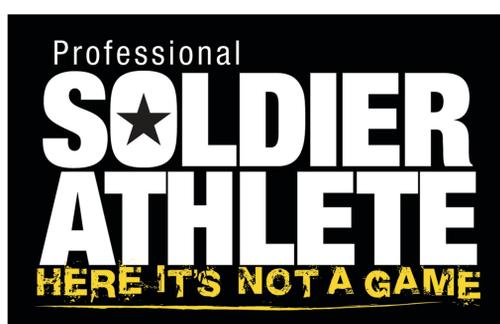
Winning Game Plan

-  Smart Training Routine
-  Diet Rich in Nutrients
-  Full Night of Sleep



MOVE OUT WITH THE PERFORMANCE TRIAD

Activity, Nutrition, and Sleep



LEARN MORE ABOUT THE PERFORMANCE TRIAD:

ACTIVITY, NUTRITION, AND SLEEP AT ARMYMEDICINE.MIL