BE A PART OF THE SYSTEM FOR HEALTH

GET HEALTHIER TODAY WITH THE PERFORMANCE TRIAD!

Health is personal and each of us defines it in our own way. Health is more than the absence of illness; achieving better health means taking a proactive approach to your well-being. This includes regular activity, good nutrition and quality sleep. Combined, these elements make up the Army Performance Triad and can apply to everyone!

What does health look like to you? Share your thoughts with us at http://armymedicine.mil.

Health is more than meets the eye. It looks like:

- 10,000 steps per day and regular exercise (at least 150 minutes per week) that fits your lifestyle.
- 8 is great! Eat 8 servings of fruits and vegetables a day. Healthy nutrition and nutrient-rich food choices support muscle growth, recovery, tissue repair, and immune function, and improve mental and physical performance.
- 8 is great! Current Army guidance is 7-8 hours of sleep per 24-hour period for effective performance. The first step to getting a full night's sleep is to maintain a consistent, regular routine.

Are you up for the challenge to stay healthy? Visit http://armymedicine.mil to choose a challenge and prove it! Get your family or a group of friends to participate.

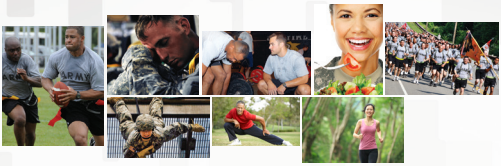
- 10,000 steps per day for 30 days
- Eat 8 servings of fruits and vegetables for 8 days
- Sleep 8 hours per day for 8 days

Stick with the challenge by setting SMART goals.

Specific
Measurable
Action-focused
Realistic
Time-bound

U.S.ARMY

Professional SOLDIER ATHLETE HERE IT'S NOT A GAME



RESOURCES FOR HEALTH

The System for Health is a partnership among Soldiers, Families, leaders, health teams and communities.

Use the following resources to support healthy activity, nutrition and sleep for you and your Family.

Learn more about Army Medicine and the Performance Triad:

- http://armymedicine.mil

Visit a Local MTF or Army Wellness Center

- http://tricare.mil/mtf/
- http://phc.amedd.army.mil/topics/healthyliving/al/pages/ArmyWellnessCenters.aspx

Access Electronic Resources and Connect with Online Communities:

- ArmyFit https://www.armyfit.army.mil or https://armyfit.army.mil
- Comprehensive Soldier & Family Fitness http://csf2.army.mil/
- Visit USDA's MyPlate Super Tracker http://supertracker.usda.gov

Technology can be used to enhance your personal health and readiness.

- Did you know that 52% of Smartphone users search for health information on their phones and 1 out of 5 have at least 1 health app on their phone?
- Personal readiness devices and fitness trackers can be used to help automatically track activity, nutrition, and sleep.
- mHealth (mobile health) solutions can help you set and track your goals, decrease barriers, and motivate new healthy habits.

U.S.ARMY

Professional SOLDIER ATHLETE HERE IT'S NOT A GAME