

Winning Game Plan

-  7-8 Hours of Sleep Per Day
-  Regular Activity
-  Diet Rich in Nutrients



SUSTAIN HEALTHY HABITS WITH THE PERFORMANCE TRIAD

Retiring from the Army means you'll have lots of changes in the next phase of your life.

Creating a healthy balance of **Sleep**, **Activity**, and **Nutrition** can help ease your transition to retirement.



U.S. ARMY

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

