

Winning Game Plan

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



IT'S NEVER TOO LATE TO CREATE HEALTHY HABITS

Healthy living is sustained with a balance of
Sleep, Activity, and Nutrition.



U.S. ARMY

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

