



STAY ACTIVE TO LIVE A LONG AND HEALTHY LIFE

- ➔ Regular physical activity can help manage chronic conditions such as arthritis, high blood pressure, and type-2 diabetes.
- ➔ Being active helps you recover from injuries faster.
- ➔ Talk to your health care provider about activities that would work best for you.

Performance TRIAD



Plan for Activity



U.S. ARMY

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

