



LIVE A LONG AND HEALTHY LIFE BY STAYING ACTIVE

- Staying active can help you fight chronic conditions, stress, and unwanted weight gain.
- It can also improve and maintain flexibility and strength as you age.
- Choose activities you enjoy and commit to getting activity every day.

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)

