



SIT LESS, MOVE MORE!

- ➔ Regular movement increases blood flow, burns calories and helps to maintain a healthy weight.
- ➔ Get at least 150 minutes of moderate intensity exercise per week, but also move at least 10 minutes of every hour.
- ➔ Walk 10,000 steps during your everyday routine.

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)

