

## BE ACTIVE for good health

- Regular movement increases blood flow, burns calories and helps to maintain a healthy weight.
- Prolonged sitting increases the risk of blood clots, diabetes, heart disease, cancer and obesity.
- 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.



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Train smart, get results, and prevent injuries.

Learn more about the Performance TRIAD at  
[HTTP://ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)

# Optimize Your Performance

## Tips for the Soldier Athlete



Professional  
**SOLDIER  
ATHLETE**  
HERE IT'S NOT A GAME



## **TRAIN SMART and avoid injuries!**

- Optimize your performance by training smart. An injury can put you on the sidelines!
- Gradually increase the intensity and duration of any new workout.
- Vary your workouts to include a combination of strength, endurance, balance, agility, and coordination training.
- Wear a mouthguard for high-risk activities like combatives and contact sports.
- Train your core muscles (4 For The Core) to reduce the risk of low back injuries.
- Don't delay healthcare for an injury. If you experience an injury, see your BN medical provider right away.

## **PREPARE to PERFORM**

- Dynamic warm-ups (moving through the range of motion for each target area) before exercising increase temperature of the tissue and help optimize performance.
- Warm-ups tailored to a specific activity enhance performance.
- Walk before jogging; jog before running; run before sprinting.
- Always warm-up before playing sports.
- Warm-up specifically for each APFT event.

## **RESISTANCE TRAINING**

- Resistance training can improve military job performance.
- Work each major muscle group 2 or 3 days each week.
- Warm up with light weights.
- Contract your core muscles (pull your belly button up and in) when lifting.
- Gradually increase the weight and/or number of repetitions.
- Don't hold your breath; exhale during the lift.
- Execute each lift with a slow, controlled motion.
- Use caution when lifting heavy weight plates to load and unload a barbell.
- Train with a spotter when lifting to muscle failure.

## **RUNNING**

- Increase your running mileage by no more than 10% a week.
- Cross training is important...try not to run more than 30 minutes, 3 days per week unless you are an experienced runner.
- Follow PRT guidelines for "speed running" to improve APFT 2-mile run performance.
- Replace your shoes when they become worn.