## Technology

- Your Smartphone is a powerful partner in enhancing your performance and personal readiness.
- Social media can be very helpful in reaching your health goals. Researchers found that those who use online podcasts, read daily health-related tweets, and post daily updates on their weight loss goals lost more weight. On average, the participants lost 0.5% body weight for every 10 daily tweets they posted about their diet and weight loss.
- ArmyFit™ is a new interactive social media resource to help you and your family reach your health and wellness goals. It was developed by Comprehensive Soldier and Family Fitness (CSF2) and is free for you and your family. You can enroll in ArmyFit™ once you complete annual Global Assessment Tool (GAT).
- ARMY H.E.A.L.T.H. is a web and Smartphone app that helps promote performance nutrition and exercise. It was developed using AR 600-9 and Army Physical Fitness Test standards and the expertise from nutrition, fitness, and behavior experts. ARMY H.E.A.L.T.H. is designed to help you maintain or lose weight and improve your fitness by providing personalized nutrition and fitness plans. The plans will be updated as you meet your goals. Your family can use it too!

U.S.ARMY

Learn more about the Performance TRIAD at
HTTP://ARMYMEDICINE.MIL

TA-192-1213
Approved for public release, distribution unlimited

Professional SOLDIER ATHLETE
HERE IT'S NOT A GAME

# Performance Triad: Sleep, Activity, and Nutrition

## for the Soldier Athlete

## Sleep

- Sleep 7-8 hours every 24 hours.
- No caffeine within 6 hours of lights out.
- Finish Physical Training 3 hours before lights out.
- Establish a wind-down routine starting 30–60 minutes before lights out. Stop using electronics. Read or listen to relaxing music instead.
- Empty your bladder just before lights out so the need to urinate won't interrupt your sleep.
- Sleep in a safe, quiet place: if tactically permitted, use soft foam earplugs or a fan to block sounds. Use a sleep mask to block light.
- Wake up at the same time every day of the week.
- If you still have sleep problems 2 weeks after correcting your sleep habits, talk to your healthcare provider.

## Activity

- Soldiers must be fit to perform. Vary your workouts to include a combination of strength, endurance, balance, agility, and coordination training.
- Train smart and avoid injuries. Warm up properly before your APFT, sports, or other exercise. Gradually increase intensity, duration and frequency of any new activity. Watch for signs of overtraining.
- Prolonged sitting is dangerous to your health and increases the risk of blood clots, diabetes, heart disease, cancer, and obesity. Regular movement increases blood flow, burns calories, breaks down fat, and helps to maintain a healthy weight.
- Walk at least 10,000 steps every day for good health.
- Seek medical care early if you are injured. Your BN medical team can speed your recovery.

## Nutrition

- Food plays a role in Soldier performance in the gym, during the mission, at home, at work, and everywhere in between. Choose quality foods to keep in top mental and physical condition.
- Hydration is critical to performance success. Drink cool water early and often, limit consumption of alcohol and sugary beverages, and never use energy drinks for hydration (they are NOT the same as sports drinks).
- There is a strong relationship between nutrition and quality of life that includes maintaining a healthy weight, preventing disease, and reducing stress.
- Warfighters often turn to dietary supplements because of the extreme demands of military performance. Be informed about making safe dietary supplement choices. Whole foods are the best source for an edge on performance. Visit Operation Supplement Safety at http://hprc-online.org/dietary-supplements/opss.