

ARMY H.E.A.L.T.H.: GETTING STARTED

Step 1:

Go to: <http://armyhealth.pbrc.edu>

Step 2:

Click the Register button to create a username and password.

Step 3:

Complete JumpStart (takes about 5-10 min). The information you provide during JumpStart will allow us to provide a nutrition and exercise program unique to you.

Step 4:

The JumpStart Summary provides an overview of exercise prescriptions. Please print this summary.

Your program will begin the next day (Day 1).

You will receive a meal plan for Day 1 on your JumpStart Summary.

You will be provided with an exercise plan for Day 1 on your JumpStart Summary.

Step 5:

My H.E.A.L.T.H. provides a weight and body fat analysis and one day of menus and exercises.

Step 6:

Begin using the website and taking advantage of all the tools and resources available to you!



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



IF YOU NEED TO:

- Improve Fitness
- Lose Weight
- Reduce Body Fat
- Improve Your Overall Health

ARMY H.E.A.L.T.H. can provide you with the tools you need to meet your goals

REGISTER TODAY !



ARMY H.E.A.L.T.H.: MY FITNESS PLAN

GO TO MY FITNESS PLAN

AMRY H.E.A.L.T.H. provides a comprehensive exercise plan that includes cardio, strength and stretching exercises. You can modify these plans at any time.

Delete Item button allows you to remove an exercise from your plan.

Edit Item button allows you to change the reps, sets, and weight.

Add Exercise to Favorites button allows you to make an exercise a favorite.

Add New Items button allows you to add new exercises to the category in which you are working.

Click on an exercise name and a picture and description will be shown.

Add This button allows you to select your reps, sets and weight.

Add Custom Exercise button allows you to add your own exercise.

Search button allows you to search for exercises by name.

Print This button prints a copy of your daily exercise plan.

ARMY H.E.A.L.T.H.: MY MEAL PLAN

GO TO MY MEAL PLAN

Prescribed Calories - The calories your body needs to lose or maintain weight.

Today's Calories - The calories you have eaten. You must mark the food eaten for the program to track your calories.

Pre-Planned Meal Plan - allows you to select meals created by a Registered Dietitian. These meals can be modified.

Add New Item - brings you to the page on which you can search for and add your own foods instead of preplanned meals.

Search - brings up all the foods in our database that are similar to what you typed.

Add Custom Food - allows you to enter a food's nutrient information from a food label or recipe.

All Foods - This sidebar is another way to search for a food. Narrow the search by clicking on a specific category.

Add This - adds a food to your meal plan. The empty **Qty (Quantity)** box is where you enter the amount of that food.

Edit Item - allows you to change food selected.

Add Food to Favorites - allows you to save a food or meal as a favorite.

Print This - prints a copy of your daily meal plan.

ARMY H.E.A.L.T.H.: RESOURCES

My Calendar

The Calendar provides a visual reminder of the day's nutrition and fitness plans.

- Using icons, each day shows what is scheduled.
- Click on the icon to go directly to your meal and fitness plan for the day.

My Goals

- Your start-up plan provides goals for you.
- Go to this page to edit your goals.

My Library

The Library provides articles and resources about:

- Nutrition
- Fitness
- Mind and Body
- Website Help Resources

Histories

- Weight charts will help you monitor your weight.
- Calorie charts will report the number of calories you ate over a period of time.

ARMY H.E.A.L.T.H.: FACTS

The information you provide to the AMRY H.E.A.L.T.H. website will always be kept confidential and anonymous.

The ARMY H.E.A.L.T.H. website is an innovative tool that both you and your Soldier can use to stay healthy. You will create a username and password.

Please do not use the Soldier's account because the recommendations are made using AR 600-9 for Soldiers.

ARMY H.E.A.L.T.H. will take you directly to the Civilian site.

AMRY H.E.A.L.T.H. will do a short assessment every 28 days and update your plans based on your progress.

New resources and articles will be added to the website on a regular basis.

The ARMY H.E.A.L.T.H. website will ask that you enter your weight once a day. If you enter the website more than one time in a day, you will only enter your weight at the first login.

Meal plans can be designed for you and the Soldier in your family, making it easy to get healthier together.