



EAT RIGHT AND GET RESULTS

- ⇒ Plan your meals like you plan your workouts.
- ⇒ Replenish fluids frequently, even when you are not thirsty.
- ⇒ What you eat before, during, and after strenuous activity is essential to your performance.

Performance TRIAD
Plan for Nutrition



U.S. ARMY

EAT RIGHT AND GET RESULTS.

LEARN MORE ABOUT THE PERFORMANCE TRIAD: SLEEP, ACTIVITY, AND NUTRITION
AT [HTTP://ARMYMEDICINE.MIL](http://ARMYMEDICINE.MIL)



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

