



# LOSS OF WATER = LOSS OF PERFORMANCE

- ⇒ Don't wait until you are thirsty to drink.
- ⇒ Cool, plain water is the best performance fluid replacer.
- ⇒ Drink regularly and frequently...before, during, and after activity.
- ⇒ When performing strenuous activity for more than 60 minutes, use a sports drink containing sodium and carbohydrates to hydrate and fuel performance.

Performance TRIAD  
Plan for Nutrition



U.S.ARMY

**EAT RIGHT AND GET RESULTS.**

LEARN MORE ABOUT THE PERFORMANCE TRIAD: **SLEEP**, **ACTIVITY**, AND **NUTRITION**  
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HERE IT'S NOT A GAME

