



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

### Performance TRIAD



- ☞ Do activities as a family. Play a family game of touch football, sign-up for a fun run, or start a walking group in your neighborhood.
- ☞ Take the stairs whenever possible.
- ☞ Park further from the entrance of buildings when running errands.
- ☞ Host a walking meeting with co-workers.
- ☞ Pop in an exercise DVD before heading to work.

#### Tips for building activity into your day

- ☞ 150 minutes of moderate-intensity aerobic activity per week
- ☞ 2 days of muscle strengthening activities per week (e.g., weight/resistance band training, calisthenics, yoga)
- ☞ 10,000 steps throughout a daily routine
- ☞ *Children and adolescents (ages 6-17) need at least:*
- ☞ 60 minutes of moderate to vigorous physical activity each day.
- ☞ 11,000 steps for girls and 13,000 for boys each day
- ☞ Muscle strengthening activities at least 3 days per week

#### Adults need at least:

#### How much activity do you need?

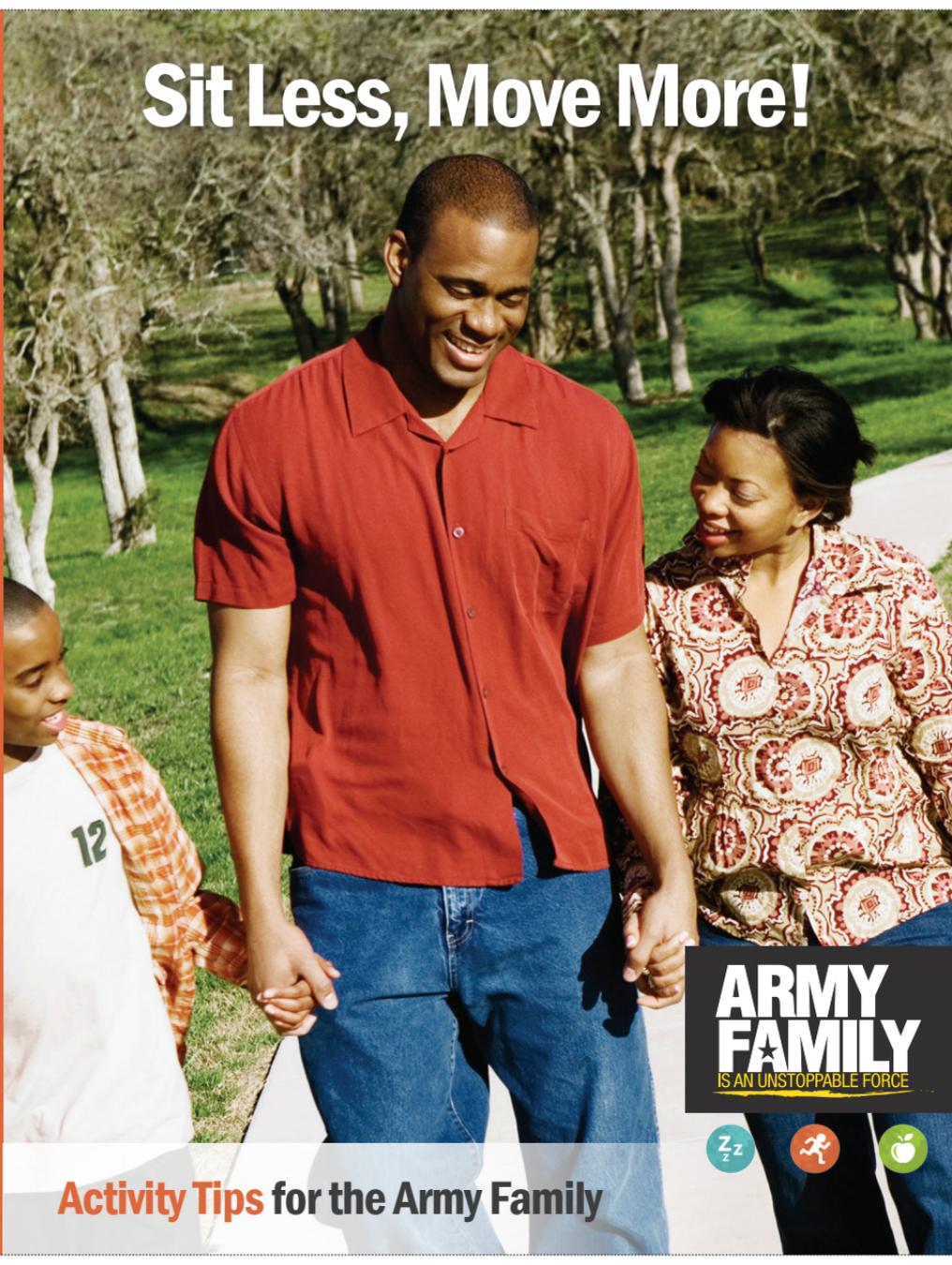
- ☞ Lowers risk of some chronic diseases or conditions such as type 2 diabetes, high blood pressure, stroke, and cancer (e.g., breast, colon)
- ☞ Aids in weight loss and prevents weight gain
- ☞ Helps manage stress and may reduce depression
- ☞ Strengthens bones, muscles, and joints
- ☞ Boosts confidence and self-esteem
- ☞ May improve sleep quality

#### Benefits of active living

Physical activity is more than just "exercise" or "working out" - it's living an active lifestyle. Choose activities you enjoy and focus on moving as much as possible during your daily routine.

### Sit Less, Move More: Activity Tips for the Army Family

# Sit Less, Move More!



## Activity Tips for the Army Family

TA-214-1213

Approved for public release, distribution unlimited