# Prioritize your health with the Performance Triad!

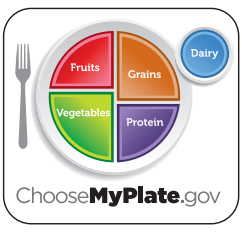
## Sleep, Activity, and Nutrition Tips for Army Family Members

The Performance Triad is a comprehensive plan to promote Sleep, Activity, and Nutrition among Army Family Members in order to improve health and wellness. The Triad engages Army Family Members through various modes of messaging (social media, educational materials, etc.).

- **Sleep.** Sleep is vital for health, performance, and wellbeing. That is why proper sleep hygiene practices (i.e., that promote optimal sleep duration and quality) are important for everyone. You need at least 7-8 hours of sleep every night. The better the sleep, the greater its benefits.

- **Activity.** 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.
  - **Adults need at least:**
    - 150 minutes of moderate-intensity aerobic activity per week (e.g., brisk walking)
    - 2 days of muscle strengthening activities per week (e.g., weight/resistance band training, calisthenics, yoga)
    - 10,000 steps throughout a daily routine

- **Nutrition.** Eating healthy plays an important role in your daily life. Healthy nutrition provides energy, helps manage weight, and reduces your risk of chronic conditions (such as high blood pressure and type 2 diabetes).
  - **A balanced meal consists of:**
    - Fruits and vegetables
    - Whole grains
    - Lean proteins (such as skinless poultry, lean beef, low-fat milk and yogurt)
    - Healthy fats (unsaturated fats such as olives, walnuts, avocados)
  - Your plate should be proportioned like MyPlate.... EVERY MEAL, EVERY DAY!




**Your health is critical to the wellbeing of your family. Take time to get quality sleep, activity, and good nutrition.**

U.S.ARMY

**Performance TRIAD**

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

ARMY FAMILY
IS AN UNSTOPPABLE FORCE

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