

# MEET *Forest*

Forest is a 1-year old Border Collie/Terrier mix. He is very active and can play for hours every day. His playful demeanor keeps both him and his owner busy throughout the day.



## Reach your activity goals!

It's okay to start slowly. Small changes in activity can add up quickly over time.



U.S. ARMY

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



**ARMY  
FAMILY**  
IS AN UNSTOPPABLE FORCE

