

MEET *Gracie*

Gracie is an 11-year-old mixed-breed canine with an appetite for healthy snacks. After years of having an owner who feeds her well, Gracie's body is still in tip-top shape.



Kick back and relax with a healthy snack.

Nutritious foods provide vitamins and minerals that help lower cholesterol, boost the immune system and keep the brain sharp.



U.S.ARMY

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



**ARMY
FAMILY**
IS AN UNSTOPPABLE FORCE

