

# MEET *Bleky*

Bleky is an 8-year-old Belgian Malinois Military Working Dog.

He stays fit by getting plenty of rest, training daily, and eating healthy meals. When this loyal and obedient canine isn't training for military duty, he is enjoying the company of his handler.

**Life's RUFF.** The least you can do is make sure you and your pet get quality sleep, activity, and nutrition to help improve overall wellbeing.



U.S. ARMY

LEARN MORE ABOUT THE PERFORMANCE TRIAD: **SLEEP**, **ACTIVITY**, AND **NUTRITION**  
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