

# MEET *Clara*

Clara is a 7-year-old Golden Retriever with a spunky spirit. She and her owner are an inseparable pair that rely on each other to stay healthy.

**Make it your mission to be healthy.**  
Quality sleep, activity, and nutrition help improve fitness and overall mental wellbeing for you and your pet.



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

