

MEET *Lily*

Lily isn't your conventional house pet. She is a 34-year-old Box Turtle. Raising her from the time she hatched from her egg, Lily's owner allows her to roam freely around the house. Don't let the shell fool you—she has plenty of love to give.



Nurture your pet's longevity through healthy living. Caring for your pet also means caring for yourself. Get quality sleep, be active, and eat well every day.



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

