



# MEET *Masey*

Masey is a 17-year-old Beagle mix. This cuddle bug is living a wonderfully healthy life thanks to the care of her owner.

## **Teamwork!**

Achieve your goals together. Both you and your pet need quality sleep, activity, and nutrition to maintain long term health and mental wellbeing.



**U.S. ARMY**

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

