

MEET
Winnie

Winnie is a 9-month-old orange Tabby Tuxedo kitten who enjoys being held by her owner and relaxes in utter adoration. Winnie enjoys eating healthy snacks, playing with her toys, and people-watching.

Who looks up to you?

Your loved ones can benefit from your healthy lifestyle. Set a good example by getting quality sleep, daily activity, and by eating 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

