ARMY FAMILY
IS AN UNSTOPPABLE FORCE

Performance Triad
The Total Army Family Challenge

A how-to plan to improve your health with Sleep, Activity, and Nutrition.

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Sleep, Activity, and Nutrition

AN UNSTOPPABLE FORCE

THE TOTAL ARMY FAMILY

SOLDIERS, RETIREES, THEIR FAMILIES, AND DA CIVILIANS

The Total Army Family is a crucial source of strength and support for the Nation's Soldiers. As a member of the Total Army Family, you support the health, well-being, and resiliency of Soldiers. But your duty doesn't stop there! Your health and well-being are equally important to the success of your family and the military.

Being unstoppable requires a combination of physical, emotional, cognitive, and spiritual health in order to maintain your edge and thrive over the long haul. The Performance Triad provides you with the tools and knowledge to achieve overall health and well-being.

Physical Fitness and Health

Army Families, Retirees, and DA Civilians need strength and fitness to power through long days filled with activities and responsibilities at home, work or at school. Healthy sleep, activity, and nutrition combine to optimize physical health and strength.

Cognitive Fitness and Health

As the leader of your Family, you shape,support, and motivate all the choices a family must make on a daily basis. Lead by example! Children learn by watching what choices you make. Choose healthy foods, stay active, and make sure you get plenty of sleep. This will enhance cognitive and decision-making abilities for the whole family!

Emotional Fitness and Health

Being part of the Total Army Family is rewarding, but it can be draining at times, especially during deployments. Get enough sleep, be more active and eat healthy, and you will have improved emotional strength and resilience.

24/7 Society

The Total Army Family lives in a 24/7 society, where responsibilities, duties and the demand for time seem unending. When applied together, healthy sleep, activity, and nutrition can help families stay strong during challenging days and weeks.

Social, Family and Spiritual Success

Army Spouses, Retirees, and DA Civilians are strong role models for Soldiers, children, friends, and community members. Engaging in a healthy lifestyle not only supports Family member health but the health of all of those around them.

Maintain Your Edge

It's important to maintain healthy sleep, activity, and nutrition habits for life! Stay strong for yourself, for Soldiers, your Family, and your Community! Your Nation needs you!

AN UNSTOPPABLE FORCE: THE TOTAL ARMY FAMILY

The Total Army Family is a crucial source of strength and support for the Nation's Soldiers. Being unstoppable requires a combination of physical, emotional, cognitive, and spiritual health in order to maintain your edge and thrive over the long haul.

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Module 2 Performance Triad Goals

Be UNSTOPPABLE

The Total Army Family is one of the Military's greatest assets. Army Families and DA Civilians are making sacrifices every day to support Soldiers in the defense of the Nation. Throughout history the Total Army Family has demonstrated willingness to support Soldiers and has answered the call during difficult times.

Now, more than ever, we need the Total Army Family to lead the Nation in health. The Total Army Family is battling the same health threats as the Nation—obesity, diabetes, and chronic diseases such as heart disease and stroke. The Total Army Family can reverse the trend and lead the way for an entire Nation to always be able and ready to take on the challenges and threats that it may face.

"We have a tremendous opportunity...where people are making decisions on how they sleep, how active they are and what they eat. And we believe right now the tipping point in the United States is our ability to help improve the health of our nation"

- Lt. Gen. Patricia Horoho, Army Surgeon General. Aug 22, 2013 Fireside Chat on Moving Towards a System For Health.

Small changes to your daily routine can make a BIG difference!

As a member of the Total Army Family you have the ability to influence your Family's health and lifestyle choices. You are a powerful force to ensure optimal health and your Family's continued well-being.

Your day is filled with many responsibilities, both inside and outside of the home. Caring for your family often limits the time you have available to work on your own health and wellness goals. Getting quality sleep at night, being physically active throughout the day, and eating healthy meals can help you manage your busy lifestyle and inspire your family to adopt healthy behaviors.

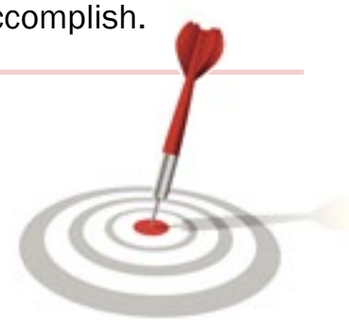
The **Performance Triad** contains practical information and resources on how to fit healthy **sleep**, **activity**, and **nutrition** into your everyday life.

Using the Performance Triad's scientifically proven principles of sleep, activity and nutrition to target changes in your daily routine will help you become stronger, faster, leaner and mentally sharper.

Performance Triad Goals

As a member of the Total Army Family, you are a dynamic individual who supports and serves alongside the Nation's brave men and women in uniform. Achieving and maintaining good health is key for carrying out your day-to-day activities. Getting quality sleep, staying active, and improving nutrition are the three components of the Performance Triad that will help you and your family's well-being.

The seven target behaviors listed here are the Performance Triad goals you should strive to accomplish.



Sleep - Your Secret Weapon to a Better Day!

SLEEP is the secret weapon to looking better, feeling better and performing better every day. Most adults need 7-8 hours of sleep; children need more.

Motivational Moments:

Better sleep will help make your day go much more smoothly. It may also help you:

- Get to work on time
- Have more energy to handle your job
- Have more energy to devote to your family
- Have a well-rested physical appearance

- Adequate sleep increases your driving awareness
- Studies show getting adequate sleep before a test increases the likelihood of scoring a higher grade

DID YOU KNOW?

SLEEP

- More sleep leads to quicker reaction times and improvements in decision making.
- Fewer than 4 hours of sleep increases the chance of feeling depressed.
- Poor sleep and sleep loss can lead to accidents and injuries on the job.

ACTIVITY

- Loss of sleep affects your physical performance. One study showed that after 4 days of poor sleep, participants lost an average of 20 lbs of strength in the bench press.
- Sleep loss can reduce your stamina, endurance and energy levels during the day.

NUTRITION

- Good sleep is linked with greater weight loss.
- Poor sleep is linked with eating more desserts and sweets.

HEALTH

- Poor sleep is linked with increased mental distress, obesity, heart disease, high blood pressure, asthma, stroke and arthritis.

Activity - Be Stronger, Faster, and Fitter to Get the Job Done!

The key word to achieving a healthier lifestyle is: **ACTIVITY**. Aim for aerobic activity, resistance training, and agility training each week.

Motivational Moments:

Staying active will not only improve your physical health, but also boost your self-image. Regular activity:

- is linked with improved sleep and increased life expectancy
- reduced the risk of chronic diseases and common injuries

DID YOU KNOW?

SLEEP

- Routine physical activity helps you get better, more regular sleep.
- Watching television and using a computer at night can prevent you from getting quality sleep.

ACTIVITY

- Inactivity, smoking, being overweight and a history of injury decrease performance.
- Regular physical activity helps improve the symptoms of depression and anxiety. It can be as effective as medications for some people.

NUTRITION

- Physical inactivity is linked to eating fewer fruits and vegetables, drinking more sodas, and eating unhealthy snacks.
- A small amount of caffeine can improve short-term muscular strength and make exercise seem less strenuous.

HEALTH

- Sitting more than 10 hours per day results in a 34% higher chance of dying. This is true even if you exercise regularly.

Nutrition - fuel to keep you going all day!

A balanced diet provides your body with the **NUTRITION** it needs to get through the day. It is especially important to refuel after exercising and to eat at least 8 servings of fruits and vegetables per day.

Motivational Moment:

- Shopping at the local farmers market will not only provide you and your family with fresh food, it is also easy on the wallet!
- A diet full of unhealthy, processed foods can lead to symptoms of depression and fatigue.
- Being overweight has been related to increases in physical injury and illness.

DID YOU KNOW?

SLEEP

- Poor nutrition and obesity are linked with poor sleep quality.
- Caffeine within 6 hours of bedtime can impair sleep.

ACTIVITY

- Optimal nutrition improves performance and exercise recovery.
- Carbohydrates and proteins replace energy stores and help muscles heal.

NUTRITION

- Eating healthy foods, such as fruits and vegetables, can improve feelings of emotional well-being.
- A well balanced diet that includes regular meals and snacks, as well as post-workout fueling, can help improve energy and overall physical performance.

HEALTH

- Compared to those with a normal weight, being overweight has been related to increases in musculoskeletal injury, illness and healthcare costs in the military healthcare system.

PHYSICAL FITNESS & HEALTH

Army Families, Retirees, and DA Civilians need strength and fitness to power through long days filled with activities and responsibilities at home, work or at school. Healthy sleep, activity, and nutrition combine to optimize physical health and strength.

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The Quick and Dirty Guide to GOAL SETTING

Have you ever set a goal you intended to work towards, but ended up falling short? Well, you're not alone. With every new year millions of people make New Year's resolutions and many give up on their goal before February is over.

However, no matter the time of year or the goal, the first step to achieving any ambition is to be as specific as possible in defining what you want to achieve. This is known as setting S.M.A.R.T. goals.

SET A SMART GOAL

S	M	A	R	T
Specific	Measurable	Attainable	Realistic	Time-bound

Specific: Point out with clarity and detail exactly WHAT it is that you would like to achieve: the more detail, the better the results.

Measurable: Determine how you will measure your progress towards reaching your goal.

Attainable: Choose a goal that you have the skills and abilities to achieve. In other words, select a goal that is challenging but within your grasp.

Realistic: Consider the time, money, resources and skill level needed to successfully achieve your goal.

Time-bound: Set a deadline to achieve your goal using a reasonable timeline.

Stick To It!

It's been said that the "best laid plans of mice and men often go awry."[1] When you set a goal, you can be sure you'll face challenges to achieving it, no matter how SMART it may be. Here are some tips to help you stay on track as you work towards your goal.

- Have a big goal in mind? Set smaller, short-term goals that will lead toward your long-term goal.
- Find some motivation. Set up a reward for yourself when you reach a milestone and when you achieve your goal. Make sure your reward doesn't compromise your progress.
- Track your progress. Get a calendar and mark the days you completed steps towards your goal (e.g. days you worked out at the gym) or keep a journal documenting your progress.
- Enlist your friends. Think about ways your family and friends can support you. Whether it's encouraging words, babysitting, or working out together, support from a loved one can go a long way.
- Keep your goal in view. Set up visual cues to remind you what you want to achieve and the specific steps you will take to complete your goal. Some examples include setting an alarm on your phone for your new bedtime, bringing your gym clothes to work with you, and preparing your lunches for the week ahead of time.
- Handle setbacks head on. If you're falling behind with your goal, don't be afraid to regroup and set a more realistic goal for yourself. Take time to reevaluate your resources and set a new SMART goal.

[1] Robert Burns, To a Mouse (1785)

Here are some examples of how to make a S.M.A.R.T. Goal.

Goal	Goal	Goal
I will go to bed earlier each night.	I want to get in better shape.	I will eat more fruits and vegetables for each meal.
SMART Goal: I will go to bed no later than 11pm for at least 3 days each week.	SMART Goal: I will take at least 2 cardio exercise classes at my gym each week.	SMART Goal: I will eat at least one serving of fruit for a snack or dessert from Monday to Friday.

TARGETS

Choose one area of the Performance Triad that you would like to work on the most (Sleep, Activity, Nutrition).

Set a SMART goal in that target area.

Find an accountability partner to help you with your SMART goal.

Strength Training

Strength and resistance training can benefit you in many ways, no matter your age, gender, or ability level. Resistance training not only increases strength but can also help you lose weight, prevent certain diseases and conditions, and improve your emotional well-being.

The Centers for Disease Control and Prevention (CDC) recommends at least 2 days of muscle-strengthening activities per week to achieve positive health outcomes. If you aren't already doing so, consider adding resistance exercises (or a muscle-strengthening routine) to your physical activity plan. You don't need to live at the gym to feel the burn. There are countless activities you can do that are challenging, rewarding, and fun!

Benefits of Strength/Resistance Training

- Increases bone density to prevent fractures, osteoporosis, and arthritis.
- Maintains muscle mass as you age.
- Increases metabolism to help burn more calories for weight loss or weight maintenance.
- Lowers blood pressure and cholesterol to reduce the risk of heart disease.
- Reduces risk of injury during activities.
- Improves self-esteem and lowers risk of depression.

ESSENTIAL 7 FOR STRENGTH

Strength training is a fundamental part of your physical fitness. Perform strength training 2–3 times per week using all 7 major muscle groups to develop the strength you need.

Try the exercises listed to build strength.

1 PUSH

» Push-Ups

» Bench Press

2 PULL

» Rowing

» Carrying

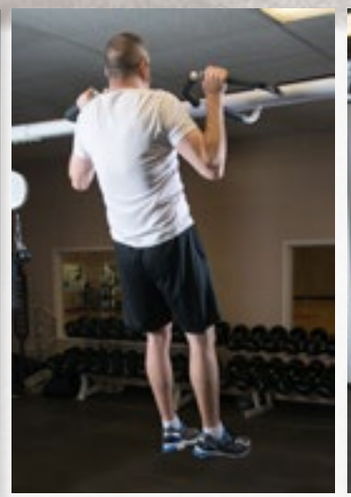
3 VERTICAL PUSH

» Pike Push-Up

» Overhead Press

ESSENTIAL 7 FOR STRENGTH (CONT.)

4 VERTICAL PULL



» Pull-Ups

5 SQUAT

» Dumbbell Squat

» Body Weight Squat

6 LUNGE

» Bulgarian

» Standard Deadlift

7 CORE

» Side Plank

» V-Up

» Bridge

» Supine Twist

Where to Start

The American College of Sports Medicine (ACSM) recommends the following for healthy adults:

- Perform 1 set of 8-12 repetitions for the major muscle groups.
- Avoid back-to-back days of muscle-strengthening activities, especially if they target similar muscle groups.
- Always check with your health care provider before beginning an exercise program.

Ways to Get Resistance Training

The ACSM defines resistance training as "a form of physical activity that is designed to improve muscular fitness by exercising a muscle or muscle group against external resistance." The following are examples of resistance training:

- Free weights (e.g. dumbbells, barbells, medicine balls, kettlebells)
- Weight machines
- Body weight (e.g. push-ups, sit ups, tricep dips, squats, lunges)
- Resistance bands
- Lifting objects (e.g. soup cans, water jugs, heavy boxes)
- Some yoga moves, like plank or chair

Resistance Training for Older Adults

If you're an older adult (age 65 and over), resistance training is especially important. Studies show that resistance training can improve balance and range of motion, which may lower the risk for falls and limited mobility. Additionally, performing resistance training may help manage signs and symptoms of current conditions like arthritis and diabetes. Aim for 2-3 days of muscle-strengthening activities per week. If you are having trouble walking or have experienced a fall, also include balance training for 3 or more days each week.

The National Institutes of Health's (NIH) **Go4Life** campaign is a great resource for physical activity information. There you'll find tips for staying active and exercises you can try that will fit your lifestyle.

- http://go4life.nia.nih.gov/
- Go4Life Exercises

TARGETS

BEGINNER	**Perform a strength/resistance training routine 1-2 days per week for 4 weeks. Need ideas? Check out The American Council on Exercise Workout Library.**
INTERMEDIATE	**Perform a strength/resistance training routine at least 2 days per week for 8 weeks.**
ADVANCED	**Perform a strength/resistance training routine at least 2 days per week for 12 weeks.**

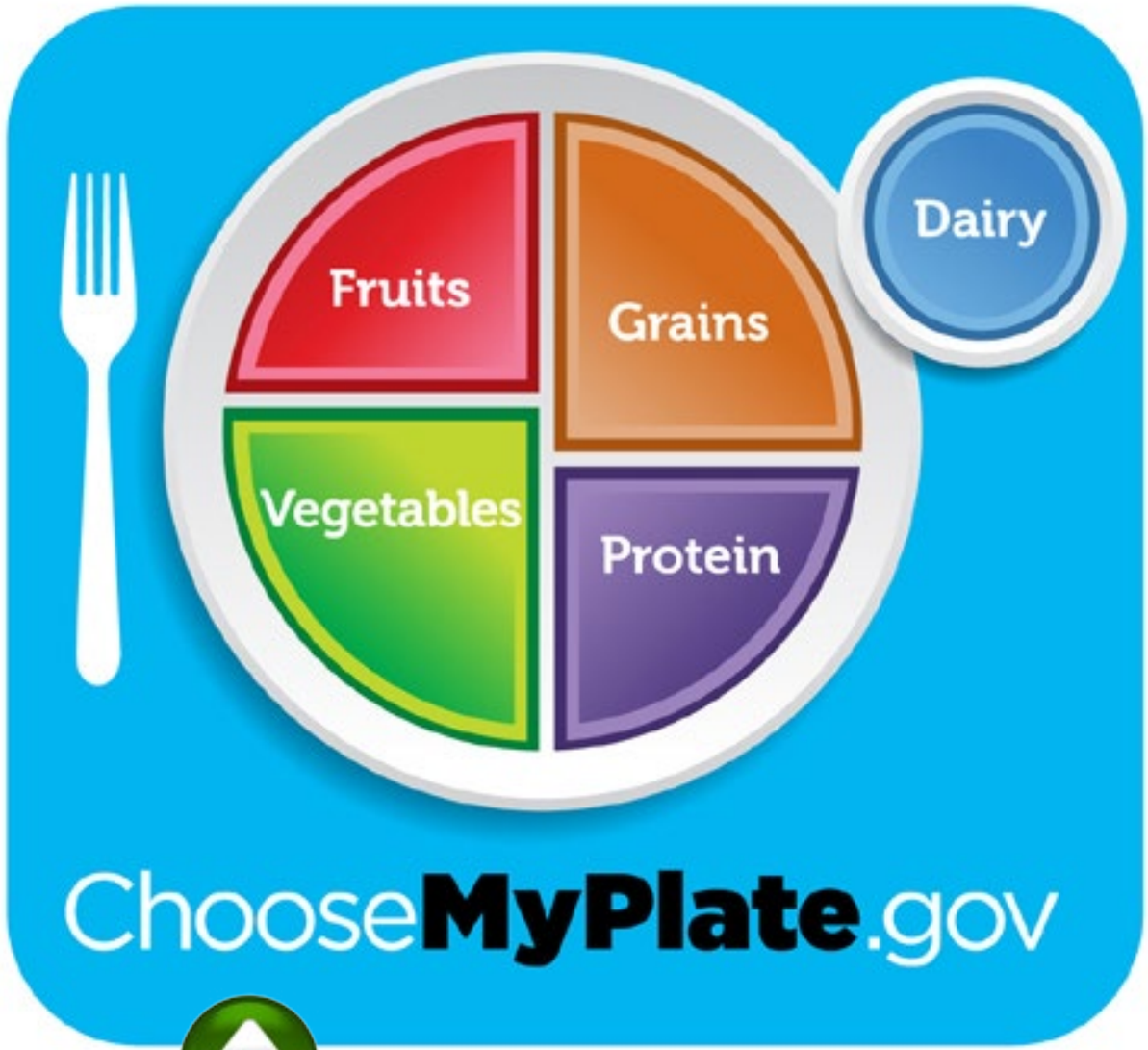
Eat To Support the **Tasks Ahead**

It's not just about what you eat... it's about when you eat, too!

Proper nutrition includes eating to support daily tasks and workouts, ensuring that you are properly fueled and hydrated for anything your day brings.

Fueling with the right amount of **Carbohydrate**, **Protein**, and **Healthy Fats** promotes energy, endurance, stamina, and muscle growth. Benefits of proper fueling include:

- Maintaining a healthy weight.
- Decreasing your recovery time from an exercise session or strenuous activity.
- Developing and maintaining stronger and healthier muscles.



Your plate should be similar to the plate above EVERY MEAL, EVERY DAY!

Plan your meals like you plan your workouts! A plan for eating and hydrating before, during, and after physical training is essential.

Pre-Workout: Don't start your workout on an empty tank!

- Eat a snack or small meal 2-4 hours before exercise.
- Drink 2-3 cups of water approximately 2-3 hours prior to exercise.
- Fuel early morning workouts with 8-16 ounces of sports beverage, a piece of fruit, toast, or another light snack.

During: Finish the workout as hard as you started!

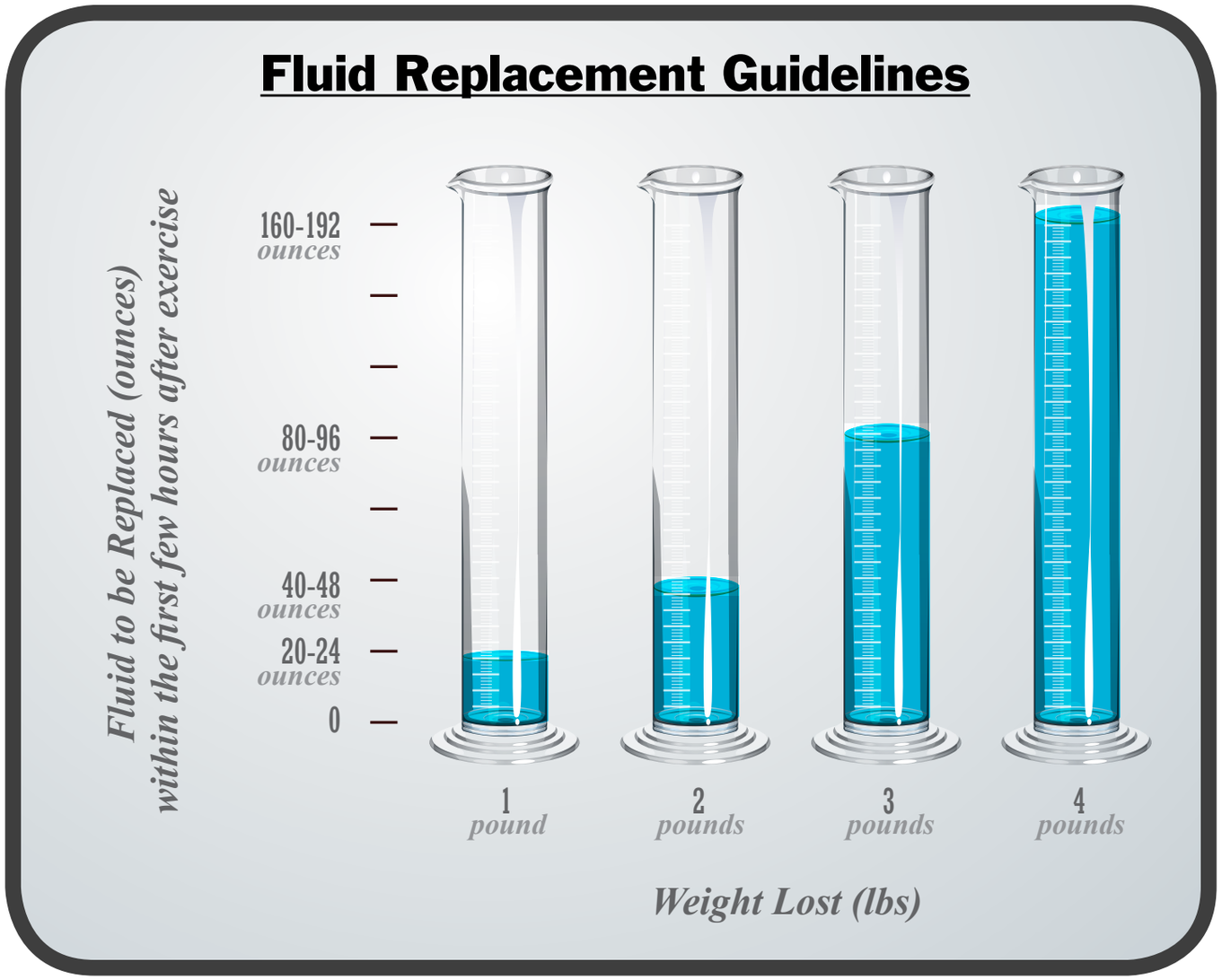
- Most people don't need anything other than water during exercise lasting less than 1 hour.
- You can use a sports drink (containing sodium and carbohydrate) to replenish fluids and electrolytes after strenuous activity lasting longer than 60 minutes.
- Energy drinks are not the same as sports drinks and should not be used for hydration.

Post-Workout: Recover and re-energize!

- Refuel and rehydrate within 30-60 minutes after strenuous activity.
- Eat a mixed fuel of carbohydrate and protein.
- Great post-activity muscle recovery and energy boosters include one of the following: low-fat chocolate milk, a whole-fruit smoothie made with low-fat milk and no added sugar, whole-grain bread with peanut butter and banana, or a commercial sports bar containing protein.

Eating fruits and vegetables can help with fluid replacement.

Foods such as watermelon, grapes, celery and cucumbers are great for rehydration!



In order to fully rehydrate after exercise and replace fluids lost:

1. Weigh yourself before and after exercise.
2. Calculate body weight lost in lbs.
3. Drink water and eat hydrating foods to replace fluid losses.

TARGETS

BEGINNER	**Weigh yourself before and after your workout sessions this week to determine your fluid needs.**
INTERMEDIATE	**Refuel 30–60 minutes after strenuous exercise sessions this week.**
ADVANCED	**Eat a snack before strenuous exercise sessions this week.**

RIPPED or RIPPED OFF?

What is Your Dietary Supplement I.Q.?

For many trying to lose weight, get ripped, or just improve overall health and well-being, taking a dietary supplement may seem like a quick and easy solution. While certain dietary supplements can be beneficial for health and physical performance, it is important to know that dietary supplements are not regulated. This means that quality, safety and effectiveness are not guaranteed. Because of the quality control issues, it can be hard to make smart choices. By knowing about the potential problems linked to dietary supplements and how to choose supplements safely, you can avoid wasting your money and possibly risking your health.

DID YOU KNOW?

THE GOOD

- Creatine monohydrate has been shown to make small boosts in upper body strength and performance during repeated short bouts of high-intensity activity, such as sprinting and climbing.
- Supplementing with whey protein has been shown to improve upper body strength, lean mass, muscle recovery and body composition.
- In healthy adults, caffeine doses of up to 200 mg can increase cognitive performance; doses of 2–6 mg/kg body weight are associated with improved physical performance.

THE BAD

- Many dietary supplements, especially those with "proprietary" blends, contain little to none or too much of the key ingredients. Many also contain ingredients not listed on the label.
- A majority of dietary supplements' claims are not supported by research and have not been proven.

THE UGLY

- Nearly 25% of sports-focused dietary supplements, such as those intended for weight loss and bodybuilding, are contaminated with steroids and other illegal substances.
- Approximately 70% of U.S. supplement companies fail to meet the FDA's manufacturing standards.
- Nearly 50,000 adverse events occur each year as a result of dietary supplement use. These include heart problems, liver failure, and death.

Taking a Dietary Supplement?

Try food instead to maximize performance and save money!

Weight Loss Supplements or Energy Boosters

Try these to lose weight and boost energy

- Water
- Whole Grains
- Fruits & Vegetables
- Green Tea

Bodybuilding Supplements

Try these to promote muscle growth

- Chicken
- Fatty Fish & other Seafood
- Eggs
- Beans
- Nuts & Seeds

Branched-Chain Amino Acids

Try these for a good source of BCAAs

- Cottage Cheese
- Fish & other Seafood
- Meat and Poultry
- Nut & Seeds
- Dried Whole Lentils

Whey or Casein Protein

Try these for a source of whey or casein

- Milk
- Cottage Cheese
- Ricotta Cheese
- Yogurt

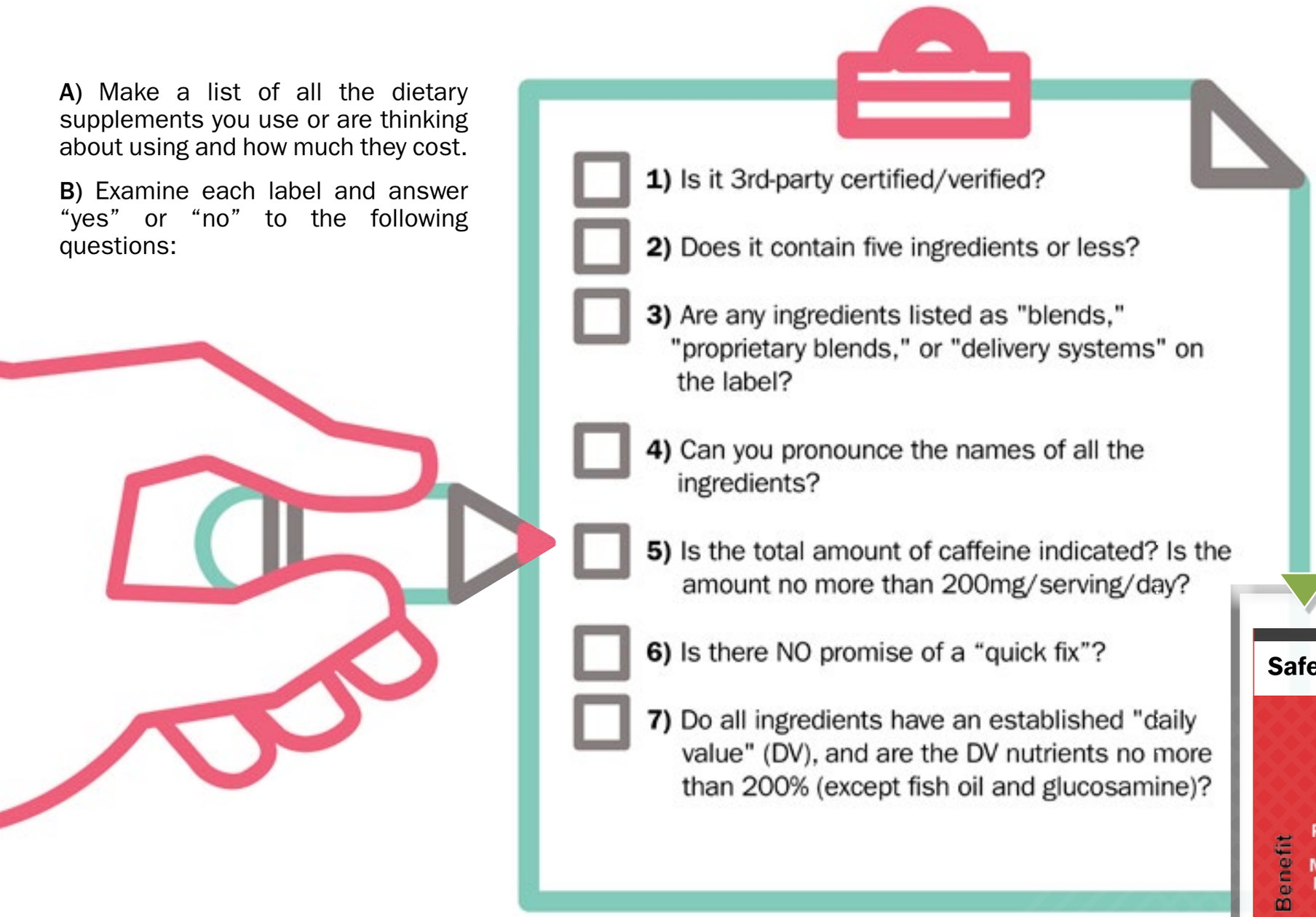
DID YOU KNOW?

These performance nutrition food choices also provide vitamins, minerals, antioxidants, and fiber.

Don't waste your money or risk your health-
***TAKE THE QUIZ** and find out how your dietary supplement rates!*

A) Make a list of all the dietary supplements you use or are thinking about using and how much they cost.

B) Examine each label and answer "yes" or "no" to the following questions:



Time to Evaluate! Add up the "yes" answers. If the total is more than 4, the supplement is okay; if the total is less than four, the supplement is a "no go;" you should get more information or seek advice from a healthcare professional.

Need additional help deciding whether taking a supplement is worth it? Check out the DoD Supplement Classification System at: http://bit.ly/dietarysupplementclass

Safety v.s. Benefit...

Benefit	Safety: < Minimal Concern	Safety: Low Concern	Safety: Moderate Concern	Safety: High Concern
High Potential	1	2	7	9
Moderate Potential	3	4	8	10
Low Potential	5	6	11	12

SLEEP LIKE THE PROS!

Sleep plays a vital role in maintaining a healthy body and mind. It helps fight infections and maintain healthy weight. Healthy sleep habits promote length and quality of sleep, both of which are important for your best performance.

based on article by Zach McCann (June 1, 2012). Sleep tracking brings new info to athletes. ESPN.com.

8 Makes You Great!

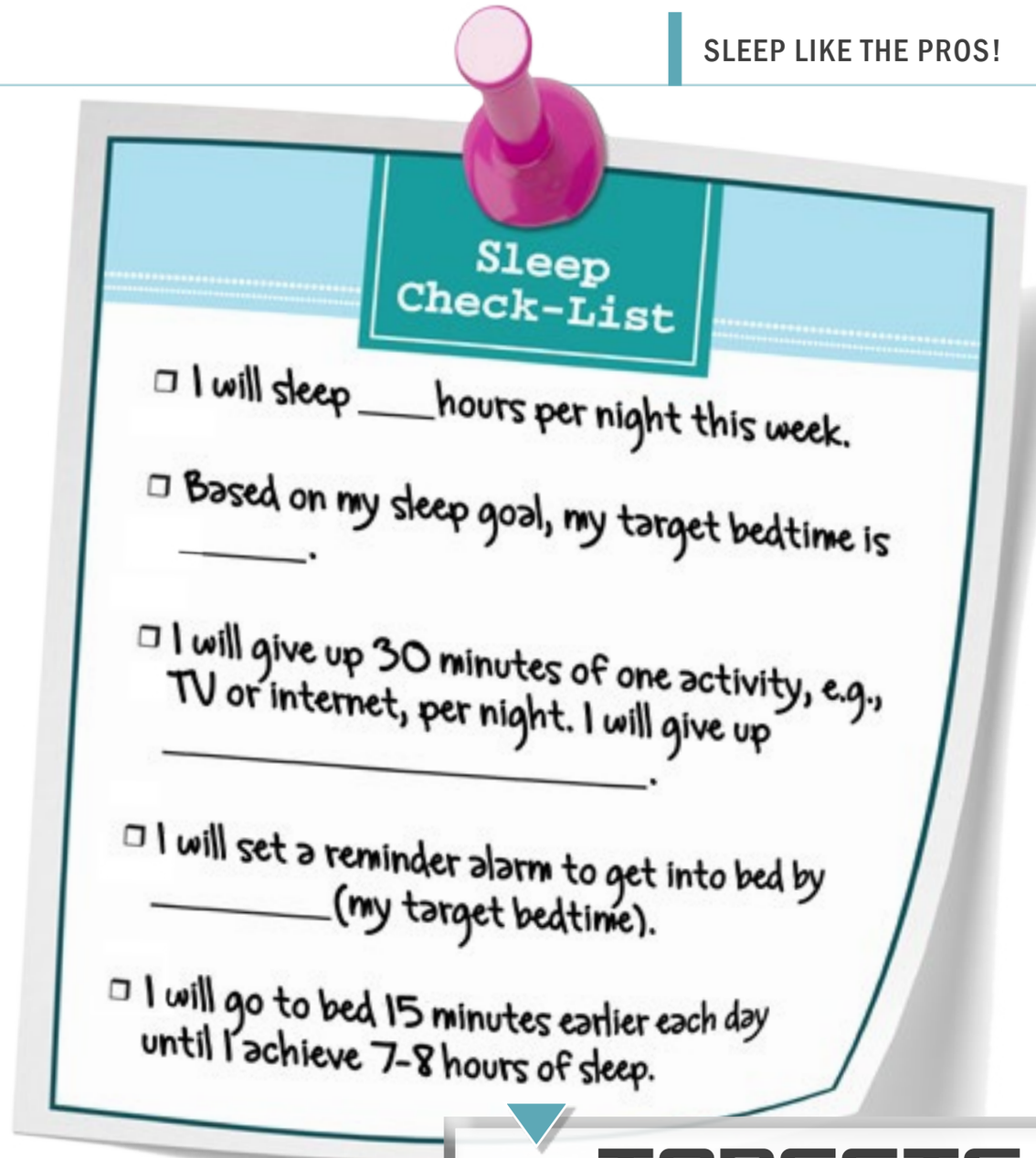
Scientific studies indicate that adults need about 7 - 8 hours of sleep every 24 hours for optimal energy. In order to get quality sleep, establish a bedtime routine and healthy sleep habits.

Bedtime Routine

- Establish a target bedtime by backwards planning from the time you need to be awake.
- Establish a consistent bed/wake time.

Healthy Sleep Habits

- Make your sleep area "sleep-friendly"—it should be cool, quiet, and relaxing.
- Create an appealing and relaxing wind-down routine starting 30–60 minutes before lights out.
- Watch what you eat or drink! No caffeine 6 hours before your bedtime.
- Use the bathroom before bedtime to prevent sleep interruption.
- Go to bed and wake up the same time every day.
- Finish working out at least 3 hours before lights out.
- Read or listen to relaxing music instead of watching TV, using the computer or other electronics.
- Turn off, remove or cover up electronics that will disrupt or interfere with your sleep (glowing light).



TARGETS

BEGINNER	Set and observe a consistent bed time and wake time every day for the next week.
INTERMEDIATE	Get 8 hours of quality sleep for 7 days.
ADVANCED	Implement a bedtime routine for 7 days.

COGNITIVE FITNESS AND HEALTH

As a leader in your family, you shape and carry out the many choices of your Family members, including health- and lifestyle-related choices. Together, healthy sleep, activity, and nutrition can enhance cognitive and decision-making abilities and set a positive example for loved ones.

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Module 8 Sleep: The Mental Edge

Module 9 Stay Sharp, Move More

Module 10 Food for Thought

SPARK YOUR INNER FIRE

Ever feel like you've hit the wall before you've even gotten started? Or do you start off strong but then fizzle out over time? If so, you are not alone- it's human nature to want to keep to our old habits. A whopping 45% of our daily decisions are shaped by habits, so changing a bad habit or starting a healthy new one requires a strong motivation. **Motivation is what fuels your determination to do whatever is necessary to accomplish your goal.**

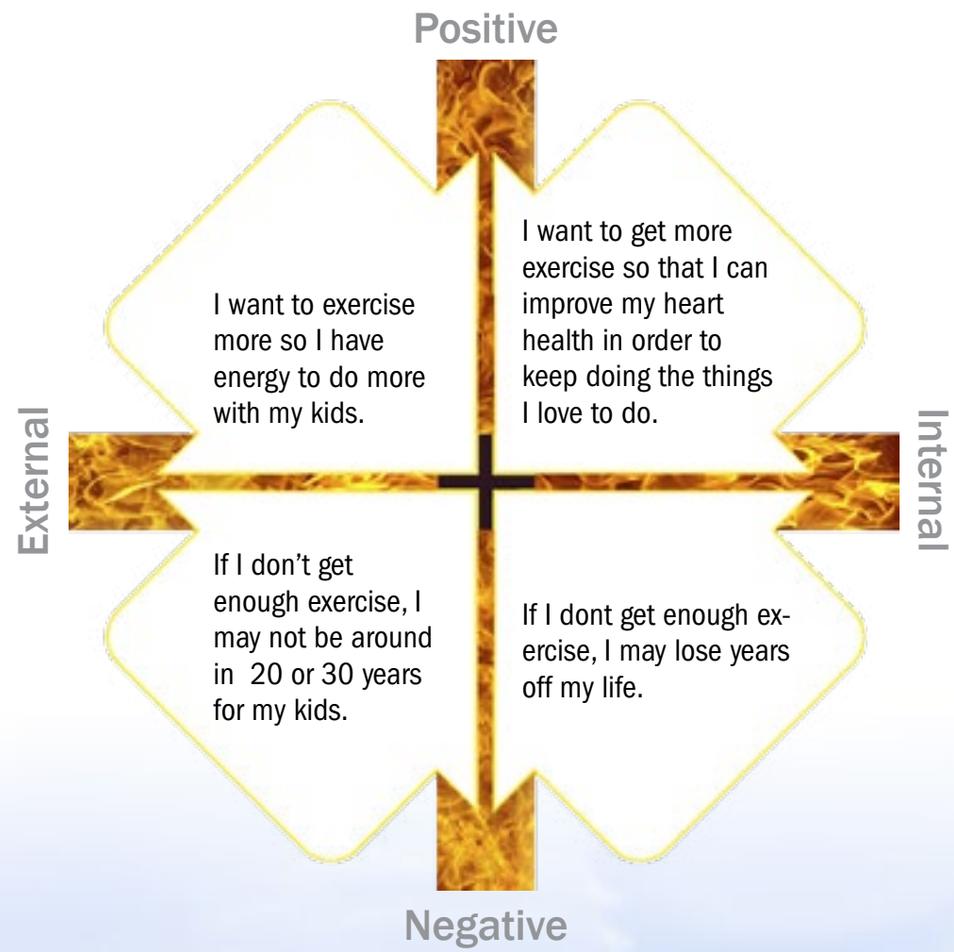
DID YOU KNOW?

- **Different people are strongly motivated by different things. Your personally held desires, values, and beliefs greatly influence the things that motivate you.**
- **Finding what motivates you to stay committed is usually the single biggest challenge to achieving your goal!**

How to find your inner Fire

There are four types of motivation.

The most effective type of motivation is positive motivation that comes from within, AND it can be influenced by the actions and words of others. See examples of the types of motivation to the right. After you find your most effective type of motivation, the final step in sparking your inner flame is to give yourself a reward for making progress toward your goals. This helps to reinforce your motivation.



TARGETS

Identify a positive, negative, external and internal motivation for one personal goal.

Reinforce your motivation by identifying a specific reward to give yourself when you achieve one of your personal goals.

Reward yourself after you've achieved your goal! Next, identify the motivation and reward for your next goal.

SLEEP: THE MENTAL EDGE

Sleep is vital for health and well-being. Healthy sleep allows you to excel mentally and physically, and it is critical for sustaining the brain's capabilities needed for success at home, work, school, and everywhere in between.

During sleep, the brain goes to work clearing and organizing information acquired during the day. Sleep helps the brain form memories and process new information, which are important for learning. It also helps the brain work efficiently; restore, repair, and grow new brain connections; and deal with stress.

Sleep is an essential function for a healthy life. You cannot train your brain to function better with less sleep. There are no shortcuts for sleep, not even caffeine. Your brain will only work as well as the amount of sleep you feed it: the more sleep you get, the more mentally sharp you will be. In fact, individuals who routinely get 5–6 hours of sleep each day perform much like a person with a blood alcohol content of 0.08.

Sleep need is determined by your genes and your age. Adults need 7 to 8 hours every 24 hours. Children need more sleep depending on their age.

Age	Hours (within a 24-hour period)
0-3 months	14 to 17 hours
4-11 months	12-15 hours
1-2 years	11-14 hours
3-5 years	10-13 hours
6-13 years	9-11 hours
14-17 years	8-10 hours
18-64 years	7-9 hours
65+ years	7-8 hours

Sleep Debt occurs when you get less sleep than you need. You can only recover recent sleep loss (less than 3 months) by making up missed hours when possible, like on the weekends.

Naps: Use naps to help mental sharpness, restore your sense of well-being, and increase alertness.

- A 10-30 minute nap will improve alertness and reduce mistakes and accidents.
- Only use naps to achieve 7-8 hours of sleep every 24 hours, otherwise they may disrupt your nightly sleep.

TARGETS

BEGINNER — **Determine your sleep need. If you have recent sleep debt, implement a plan to get out of debt.**

INTERMEDIATE — **Get 8 hours of restful and restorative sleep for 7 days.**

ADVANCED — **For one week, use a sleep diary to log your bedtime routine and hours of sleep.**

Stay Sharp, Move More!

Exercise and movement help build your memory, reaction time, attention span, and learning capabilities. These are important for day-to-day functioning. You make critical decisions every day. Regular exercise and activity help you stay focused on the task at hand, whether it be driving, working, or choosing what to buy at the grocery store.

Regular Exercise Sharpens your Mind

Exercise causes your brain to release chemicals that build memory and reinforce learning. People who exercise regularly have better short-term memory and mental reaction time. Strength training improves your mental focus and concentration ability.

A Workout Gives you a Quick Boost!

Immediately after exercise, your memory and mental responses improve. One to three hours after exercise, you are able to make faster and more accurate decisions.

Exercise and Learning

Those who exercise regularly remember more facts and can recall them more easily.

Sharpen Your Mind

8 Cognitive Benefits of Exercise

>Feel Better

Regular workouts help release brain chemicals called endorphins, which help you feel positive.

>Relieve Stress and Tension

Exercise releases tension, helping you cope with stress.

>Boost Self-Confidence

When you exercise regularly you feel better, and your fitness accomplishments boost your confidence.

>Improve Pain Tolerance

Exercising regularly helps your body tune itself for physical stress and has been proven to improve pain tolerance.

>Work out to Improve your Brain Power

Exercise causes your body to release chemicals that build and maintain brain connections, helping you perform better mentally and academically.

>Build Self-Discipline

Keeping a regular workout schedule builds your internal commitment and follow-through, which helps you stay disciplined.

>Reduce Anxiety and Depression

Researchers have discovered that regular exercise can help prevent and reduce symptoms of anxiety and depression.

>Build your Mental Awareness

Exercise improves your mental focus, attention span, and concentration.

Mental Benefits of Exercise

Plan

1) Select short workouts you can do during a 10–15 minute break or at lunch to stay focused. Have 3 or 4 different options.

2) Even a brief 10–20 minute walk will keep you alert.

3) Use these brief workouts for a mental boost to your focus, judgment, and memory.

Execute

1) Spend at least 3 days a week trying a midday or mid-shift exercise routine—even 15-minute workouts make a difference.

2) Losing focus? Try a quick workout instead of a caffeine drink!

3) Place these workouts in a notebook or on your phone for quick access.

Evaluate

1) How did you feel after doing the midday workout? Did it help you stay focused during the afternoon or second half of your day?

2) Did you try exercising before a big meeting or presentation? Did you notice a difference in your focus or performance?

TARGETS

BEGINNER	**Try a 10-15 minute workout during your lunch break to boost your focus.**
INTERMEDIATE	**Reach for 150 minutes of moderate aerobic exercise and 2-3 days of strength workouts.**
ADVANCED	**Rotate 3-4 different 'hip-pocket' workouts that last 10-15 minutes throughout the week.**

What you eat directly impacts your brain and how it functions. Nutrients found in fruits, vegetables, lean protein, whole grains, and low-fat dairy will help you stay focused, alert, and decisive. If you're short on energy, try to avoid using caffeine or other stimulants in excess. These substances may cause dehydration, anxiety, shakiness, headaches, upset stomach and death from overdose. Instead, focus on boosting your energy through your eating and lifestyle choices.

FOOD FOR THOUGHT

Tips to help you and your family boost brain power

1. Eat Breakfast- Breakfast provides your brain with the fuel it needs to work properly after an overnight fast. This results in increased alertness, decreased fatigue, and improved ability to concentrate.

- Children who eat a healthy breakfast have an improved overall school performance compared with peers who do not eat breakfast.
- Keep your kitchen stocked with healthy grab-n-go foods: hard-boiled eggs, whole grain cereals/bread, low-fat yogurt, fruit, and peanut butter.
- Quick ideas: fruit and yogurt smoothie, whole grain cereal with fruit and a hard-boiled egg, peanut butter and banana sandwich with low-fat milk.

2. Choose Fruits and Vegetables First

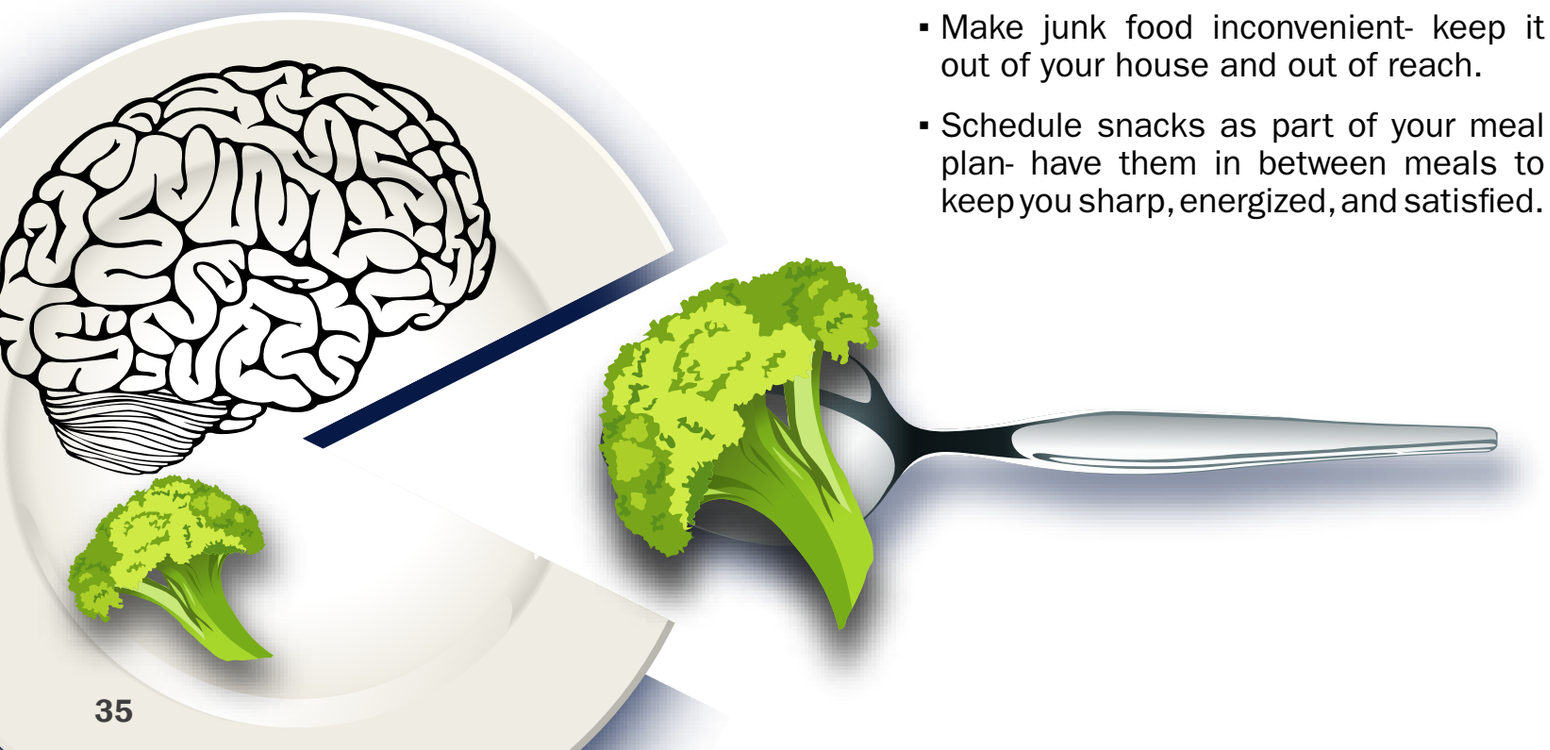
- Eat your fruits and vegetables first and then your main meal.
- Include a piece of fruit at every meal- enjoy it for dessert, as part of a smoothie, or on top of a salad or cereal.
- Choose vegetables for sides instead of starches like potatoes, bread, or pasta.

3. Make Healthy Snacking Easy

- Buy pre-cut fruits and vegetables- keep them in your fridge at home or work for a quick snack.
- Keep healthy, portable snacks handy- in your desk drawer, gym bag, or car.
- For an energy boost, try trail mix, carrot sticks with hummus, a handful of nuts or low-fat string cheese and fruit.
- Make junk food inconvenient- keep it out of your house and out of reach.
- Schedule snacks as part of your meal plan- have them in between meals to keep you sharp, energized, and satisfied.

4. Don't Overdo it with Caffeine

- Too much caffeine over-stimulates the brain and can lead to poor mental performance.
- In healthy adults, caffeine doses of up to 200 mg can increase cognitive performance; doses of 2–6 mg/kg body weight are associated with improved physical performance.
- For more information on dietary supplements see module 5b, "Ripped or Ripped Off."
- Eliminate caffeinated beverages, such as energy drinks, from your child's diet.



TARGETS

BEGINNER — Swap at least one sugary snack item with a fruit or vegetable each day this week.

INTERMEDIATE — Eat breakfast every day this week.

ADVANCED — Make ½ your plate fruits and vegetables at two meals for the next seven days.

EMOTIONAL FITNESS AND HEALTH

Being a Total Army Family member is rewarding but can be emotionally draining, especially during deployments and other stressful times. Healthy sleep, activity, and nutrition combine to improve emotional strength and resilience.

CHAPTER CONTENTS

Module 11 Small Changes Make a Big Difference

Module 12 Blow Off Steam and Stay Balanced

Module 13 Don't Be Hangry!

Module 14 Sleep—Your Secret Weapon

SMALL CHANGES MAKE A BIG DIFFERENCE

7 Steps to Reach Your Goal

1 What is your goal?

Establish a powerful and personally meaningful Performance Triad goal that you are excited to pursue.

2 Where are you now?

At this very moment, what strengths and weaknesses do you have? What limitations, if any, prevent you from achieving your Performance Triad goal?

3 What needs to be developed?

Determine the main areas of your life that will require immediate energy, effort, and attention. These will become your "Big Rock" priorities.

4 Plan your SMART actions:

Plan specific actions you will take to address your big rocks. Focus these SMART actions into achieving short-term goals, or "quick wins," which will help you achieve your main Performance Triad goal.

5 Create your daily "task lists"

Set daily goals directed toward an aspect of your goal plan. Ask yourself, "What will I do today?" and create a simple to-do list.

6 Commit yourself to the process:

Don't let obstacles challenge your commitment! Create a "Plan B" for potential setbacks. Post visual reminders of your long-term goal.

7 Monitor your progress:

At the end of each week, reflect on your progress. Ask a friend to help keep you on track. Celebrate small successes - "quick wins."

DID YOU KNOW?

- Achieving a goal releases a brain chemical responsible for pleasure. Therefore, people who achieve goals are happier people.
- Trying to do too many things at once drains your willpower. Start with just one goal at a time.
- If you seriously commit to your goal, you are 10 times more likely to achieve it.

Quick wins lead to BIG results

WHAT IS YOUR GOAL?

"I want to improve my physical activity so I can have more energy and lose weight."

WHERE ARE YOU NOW?

"I get about 90 minutes of moderate activity per week."

"I do a few sit-ups but not much resistance training."

WHAT NEEDS TO BE DEVELOPED?

"My stamina is low."

"I am 20 pounds overweight."

WHERE ARE YOU NOW?

Increase aerobic activity by 10 minutes a day this week.

Start with 3 resistant exercises 2 days per week.

CREATE YOUR DAILY "TASK LISTS"

Pack snacks to re-fuel after exercise.

Pack my gym bag the night before.

COMMIT YOURSELF TO THE PROCESS:

Share my goal with someone who will help me stay committed.

Set alarm 1 hour before planned exercise.

MONITOR YOUR PROGRESS:

Weigh in weekly to track my progress.

Celebrate quick wins.

TARGETS

Identify your quick win for today.

Use the 7 steps to achieve your SMART goal.

Achieve your goal using the 7 steps and then set another goal to accomplish.

BLOW OFF STEAM ...and Stay Balanced

Exercise and activity can help you manage stress, stay on track, and handle all the things life throws your way. Exercise helps you face the day and keep your mental edge!

Exercise Helps Reduce Pain and Symptoms of Depression and Anxiety

In medical studies, regular exercise has been shown to reduce symptoms of anxiety and depression by up to 75%.

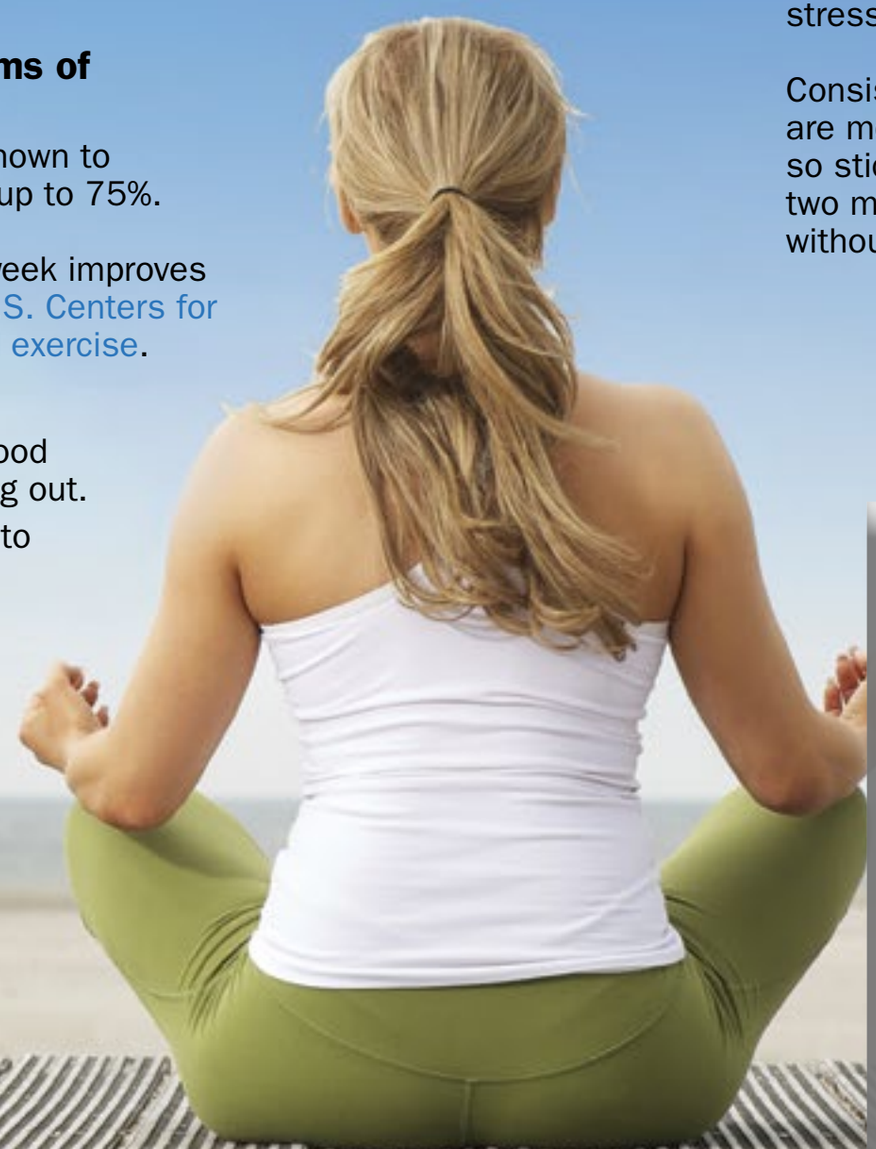
Vigorous exercise for 30 minutes, 3 times per week improves your pain tolerance. It also counts toward the U.S. Centers for Disease Control and Prevention's recommended exercise.

Exercise Builds Resilience

1. Endorphins, or hormones that help you feel good (like a "runner's high") are released by working out.
2. Both your sense of well-being and your ability to relax are improved with regular exercise.
3. Regular workouts help build resistance to mental stress.

Exercise is Brain Maintenance

4. Exercise is like sleep - it helps your brain maintain itself.
5. Exercise helps repair areas of the brain degraded by stress, especially areas concerned with emotions and memory.
6. Regular exercise improves blood flow and brain activity.



Relaxation and Breathing Exercises Can Help!

Breathing techniques can help you relax and focus. Breathing and relaxation exercises help reduce blood pressure and mental tension and help you cope with stress naturally.

Consistency counts. Relaxation and breathing exercises are most effective when you do them over two months, so stick with them! In fact, routine exercise for at least two months effectively reduces stress and anxiety—without drugs or other treatment.

TARGETS

BEGINNER (YOUR LEVEL)	Perform 10–20 minutes of exercise to blow off steam.
INTERMEDIATE (YOUR LEVEL)	Get 8 hours of restful and restorative sleep for 7 days. Reach your Aerobic and Strength training goals: at least 150 min moderate-intensity exercise per week, and strength workouts on 2-3 days.
ADVANCED (YOUR LEVEL)	Perform a relaxation or breathing exercise for 10 minutes at least 3 times a week.

DON'T BE HANGRY!

Food and mood are directly related. Fueling your body with healthy choices consistently during the day provides you with the right nutrients and plenty of energy. This helps you have a better outlook, reduces mood swings, and keeps you focused!

DID YOU KNOW?

- People who eat at least five servings of fresh fruits and vegetables a day are nearly 5 times more likely to report high emotional well-being compared to those who eat less than one serving.
- People who eat breakfast report feeling happier and more relaxed compared to those who skip breakfast.
- Research shows symptoms of depression and increased fatigue are related to diets high in processed, greasy, high fat foods, such as those found in fast food establishments.
- Studies show that people who get the recommended amount of carbohydrates (i.e. whole grains, fruits and vegetables) tend to feel less tired, angry, depressed, and tense compared to those who don't.

Start every day with a good breakfast for you and your family! Breakfast helps your brain wake up, which supports good mood, prevents morning drowsiness, increases alertness, and helps control appetite. People who eat breakfast have healthier diets overall.

Eat regularly and don't skip meals. Plan to have a meal or snack every 4–5 hours. This helps:

- stabilize your blood sugar levels and mood
- provide your brain with a steady supply of energy
- keep you alert
- reduce your urge to overeat at the next meal

Include fresh fruits and vegetables in your diet every day. They provide key nutrients such as B vitamins, potassium, folate, dietary fiber and antioxidants. These enhance your mood and support steady blood sugar and energy levels.

Avoid consuming too much sugar and highly processed, fatty foods, particularly foods high in saturated fats. These can cause feelings of drowsiness, fatigue and irritability.

Eat Mood-boosting foods!

- Omega-3s: fatty fish such as salmon, mackerel and sardines
- Iron-rich foods: eggs, beans, lean red meat, leafy green vegetables
- High-fiber carbohydrates: whole grains, fruits and vegetables
- Foods high in B-12 and folate: beans, leafy green vegetables, low-fat dairy, poultry, fish and lean red meat

4 Mood Busters ... and How to AVOID them!

Make breakfast part of every day.
Plan ahead and prepare it the night before.

- Spread peanut butter and low-sugar jelly on whole grain bread; enjoy with an orange and a hard-boiled egg.
- Place whole grain cereal in a storage bowl and top with chopped nuts and raisins. In the morning add milk and half a banana and enjoy with a hard-boiled egg.

Next time you think about having an energy drink to boost your energy level, fuel first!

- Keep healthy snacks handy to have in between meals. Examples include: low-fat granola bars, mixed nuts, and portable fruits such as bananas, apples and oranges.

Build a nutrition plan. Start with these three steps:

- Assess current eating habits—how often do you eat? What do you eat? *Write it down*.
- Schedule a meal or snack every 4–5 hours during the day, starting with breakfast.
- Plan your meals. Busy day? Make breakfast, lunch and snacks the night before.

Make fruits and vegetables part of every meal and have as snacks:

- Always have a salad with lunch and dinner.
- Keep portable fruits, such as apples, oranges and bananas, handy for snacks.
- Instead of filling up your plate with heavy starches, fill up with 1–2 different cooked vegetables.

Watch This!

- Good Mood Food: http://bit.ly/goodfoodandmood

Explore This!

- USDA's Choose My Plate: http://www.choosemyplate.gov/
- Centers for Disease Control and Prevention: Nutrition Basics: http://bit.ly/cdcnutrition

TARGETS

BEGINNER	Plan to eat breakfast every day this week.
INTERMEDIATE	Eat 8 servings of fruits and vegetables most days this week to boost your mood.
ADVANCED	Carry a healthy snack with you every day this week and eat it.

Sleep is your SECRET WEAPON.

It's critical for strong relationships, emotional health and well-being. For many people, sleep is sacrificed not just for work but for all of the other activities that fill up our days. There are just so many things that need to be done!

While we seem to gladly give up sleep to work or play, doing so might not be our best choice. Studies show that consistently getting one additional hour of sleep is associated with a 16% increase in salary.

More sleep translates into more money!

Going without much sleep is often seen as a badge of honor, but "Sleep is fuel for your brain," as it helps you to perform better and to be a better you. Research indicates that lack of sleep impairs mood and motivation, contributes to chronic diseases, mental illnesses, and poor quality of life. Sleep shapes how well we feel, behave, and learn.

DID YOU KNOW?

- University of Michigan researchers showed that when you sleep better, you look better.
- 43% of Americans between 13 and 64 say they rarely or never get a good night's sleep on weeknights.
- 70% of high school students are not getting adequate sleep during the week.
- Research showed that students who got better grades got more sleep than lower performing students.
- 65% of Americans lose sleep because of stress.
- 32% of American lose sleep at least one night per week.
- Family problems, personal finances and current events are the top three reasons keeping us from sleep.

Why It's Hard to Fall Asleep

Despite good sleep habits, some people still find it hard to fall asleep. Some of these issues include:

- Thinking about things to be done tomorrow
- Thinking about events that happened during the day
- Emotionally upsetting conversations right before bed
- Watching the clock
- Wandering or busy mind

These sleep issues are manageable. Try the strategies below to help settle your mind:

- Writing down all that is on your mind, then putting it aside for tomorrow
- Deep breathing exercises
- Relaxation exercises such as progressive muscle relaxation
- Visualization or guided imagery exercises
- Meditation
- Mental focusing exercises

Shift Work and Alternative Work Schedules

Some occupations require employees to work outside the common 9 to 5 work day. Emergency response (e.g. firefighters, police, etc.), manufacturing, and healthcare are industries that operate around the clock. Shift work often makes it difficult to maintain one's circadian rhythm, which may compromise one's safety, job performance, and health. If you work irregular hours you may struggle to sleep during daytime hours and remain alert during nighttime hours. Use the following tips to improve your sleep and alertness on the job. If you continue to experience difficulty sleeping, talk to your health care provider for potential treatment options.

- Get at least 8 hours of sleep to pay down sleep debt before and after your shift.
- If caffeine is needed for night shifts, take 200 mg at the start of the shift and another 200 mg 4 hours later.
- Get physical activity during breaks. Stretch or take a walk with a co-worker.
- Stop caffeine and alcohol use at least 6 hours before scheduled sleep.
- Keep your bed and wake-up time consistent during the week and on weekends.
- Use a sleep mask or heavy drapes to block light and wear foam ear plugs to mask unwanted noises.

How to get your Sleep on!

You need good sleep habits to ensure healthy sleep. When you're preparing to sleep, ensure you have a routine that allows you time to wind down. Focus on relaxation, breathing and healthy sleep. You can also use this time to connect with your partner to strengthen your relationship. When going to bed:

- Avoid thinking about other things, like tomorrow's to-do list or stressors, which can keep you awake, alert and unable to fall asleep.
- Ensure the light from your electronics are covered; better yet, get them out of the room.
- Ask yourself whether you are doing something that could wait for another day. Consider putting it off for tomorrow or the weekend to avoid staying up too late and feeling tired the next day.

Most people have a highly developed survival response called the fight or flight instinct, but an underdeveloped relaxation response. Practicing any of the techniques in the resource section three times a week will improve your relaxation response.

Try one of these:

- Guided Relaxation-Stairs http://bit.ly/walkstairsrelax
- Mind-Body Guided Meditations http://bit.ly/Navyguidedmp3. Tailor your relaxation training to the type of music and voice that works best.

TARGETS

BEGINNER — **Establish your wind down routine 60 minutes before bedtime for the next 7 days.**

INTERMEDIATE — **Schedule and protect your 8 hours of sleep time for the next 7 days.**

ADVANCED — **Practice relaxation techniques or focusing techniques to quiet the brain before bed and wind down every day for the next 30 days.**

24/7 SOCIETY

The Total Army Family lives in a 24/7 society, where responsibilities, duties and the demand for time seem unending. When applied together, healthy sleep, activity, and nutrition can help families stay strong during challenging times.

CHAPTER CONTENTS

Module 15 The Road to Success

Module 16 Sleep, Interrupted

Module 17 Fueling for Life!

Module 18 In an Exercise Rut?

As a member of the Total Army Family, it is important to optimize your health and well-being and support the health, wellbeing, and resiliency of our Soldiers. This is not a road you must travel alone. The Performance Triad is designed to teach you how sleep, activity, and nutrition can help you become healthier and improve your overall wellness.

As you optimize your health and the health of your family, you support the success of our Nation's Army!

Establishing goals is a healthy way to fuel your ambitions. You have already accomplished many goals and understand that the path to success is rarely a straight line. Use those lessons learned to help you develop contingency plans for any obstacles that may lie ahead.

Building a network of support—whether with friends, family members, co-workers, or neighbors—will increase your chances for success. Professionals are also available to assist you when the going gets tough. Open communication builds trust, brings the road ahead into focus, and allows you to breathe a little easier.

DID YOU KNOW?

- **People who develop support mechanisms increase their chance of success by 50%.**
- **Most successful people fail several times before reaching their goals. President Abraham Lincoln lost five political elections prior to becoming the 16th President of the United States.**

Commit Yourself to the Process

Greatness requires sacrifice. The good news is that you are not alone. Others can help you build momentum! Every journey begins with that first step. Aim high and rely on your support system to help you along the way.

It is inevitable that you will confront obstacles regardless of how well you plan. Therefore, developing contingency plans will help you retain control and realize that setbacks do not have to derail your entire plan.

Monitor your Progress

- Failing to monitor your progress is a pitfall for losing motivation.
- "Checking the box" is often motivating. How good did you feel when you completed your first 5K or lost those first 3 lbs? Meeting those goals motivated you to set new ones.
- Technology can be an excellent motivational tool that helps you monitor your progress. It can provide actionable information to let you know when more is needed so that you can make appropriate course corrections. Friends and online communities can also keep you moving.
- Celebrate every success because you have earned it! Discover ways to celebrate without compromising your hard earned gains. Instead of celebrating over dinner, take in a movie, get a massage, or go shopping.

TARGETS

Discuss your barriers with a family member or friend.

Write down 3 solutions to overcome your barriers.

Develop a contingency plan to overcome a barrier and put it into action for one week.

SLEEP, INTERRUPTED

Adjusting your Sleep Routine

By now you know that experts recommend that adults get 7 to 8 hours of sleep every 24 hours and that a consistent sleep routine is the key to reaching this goal. Most people have a traditional wake and sleep schedule, where the daytime hours are spent working, attending school, etc. and nighttime hours are spent sleeping. Others may have a non-traditional wake/sleep schedule due to their job or lifestyle. No matter your current sleep routine, there are times when your sleep schedule is interrupted due to travel, a change in your work schedule, or a recent event (e.g. birth of a child). Below are some tips for staying on task with sleep in situations where it may be interrupted.

Sleep & Travel

Jet lag occurs when your circadian rhythm (i.e. the body's response to light and darkness within a 24 hour cycle) is altered when you travel to a different time zone. Travelers often experience difficulty staying awake and sleeping in the new local time. The following are tips to support sleep before, during, and after travel.

PRE-TRAVEL

Pay down any sleep debt before you travel by getting 7-8 hours of sleep per night consistently.

Avoid pre-adapting to the new time zone. Attempting to adjust your sleep/waking timing is difficult and will likely cause a sleep debt.

Stop caffeine 6 hours prior to take-off. You may resume caffeine about 30 minutes before landing.

IN-FLIGHT

Skip in-flight meal service. Eat a meal prior to boarding or right after take-off. Forego any later in-flight meal service that will interfere with your sleep.

Avoid alcohol before or during the flight. Although alcohol will make you feel drowsy, it actually impairs sleep.

Use foam ear plugs (or noise cancelling ear buds/headphones), a sleep mask, and blanket to control cabin noise, light, and temperature. Select a window seat to avoid passenger/flight attendant movement, which may disrupt your sleep.

AT THE DESTINATION

Get outside during the daytime. Sunlight stimulates wakefulness and can help manage your internal clock.

Perform light exercise during the day. Avoid heavy exercise before bedtime.

Keep your sleeping environment quiet, dark, and comfortable. Adjust the room temperature to suit you, minimize ambient noises with foam ear plugs or a room fan to create “white noise”, and block light with drapes or a sleep mask.

Melatonin is not recommended. It does not increase actual sleep time.

TARGETS

Avoid caffeine at least 6 hours before traveling to a different time zone.

Get 8 hours of quality sleep for 7 nights.

If you have a current sleep debt make a plan to get additional sleep to pay down the debt over the next 7 days.

FUELING FOR LIFE!

Changes in temperature demand a properly fueled body. Poor nutrition in extreme conditions (hot, cold, high altitude) can lead to fatigue, rapid weight loss, injury, illness, and dehydration.

Estimate your daily calorie needs

Step 1:

Men: Weight (lbs) x 12 = _____

Women: Weight (lbs) x 11 = _____

Step 2:

Answer from Step 1: _____ x AF x ENV = _____ daily calorie needs

Activity Factor (AF)

- 1.25 *(Sedentary)*
- 1.50 *(Light to moderate activity)*
- 1.75 *(Heavy activity)*
- 2.20 *(Exceptional activity)*

Environment Factor (ENV)

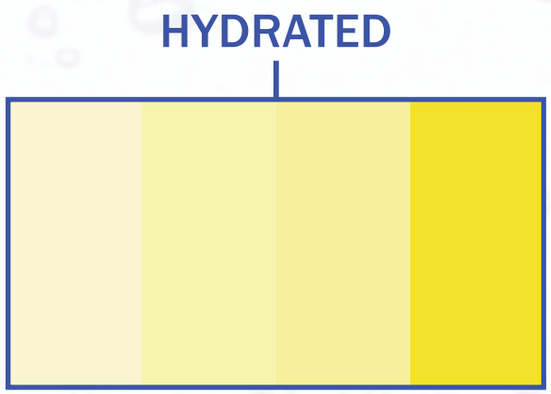
- 1.0 *(Normal)*
- 1.1 *(Heat)*
- 1.25–1.5 *(Cold)*
- 1.15–1.5 *(Altitude)*
- 1.2 *(Water immersion)*

(example[male]): 145 lbs x 12 = 1740 x 1.5 x 1.1 = 2871 calories per day)

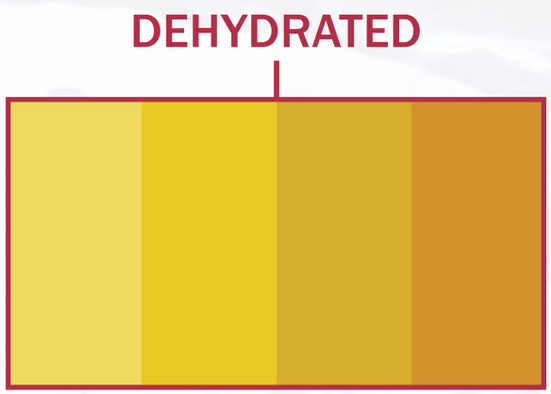
Whether you're traveling, basking in the sun, or working out, it is important to drink enough fluids. How do you compare to the urine chart?

REHYDRATE

- Rehydrate with enough fluids.
- Check your urine color!



Your hydration level is okay. Drink water as normal.



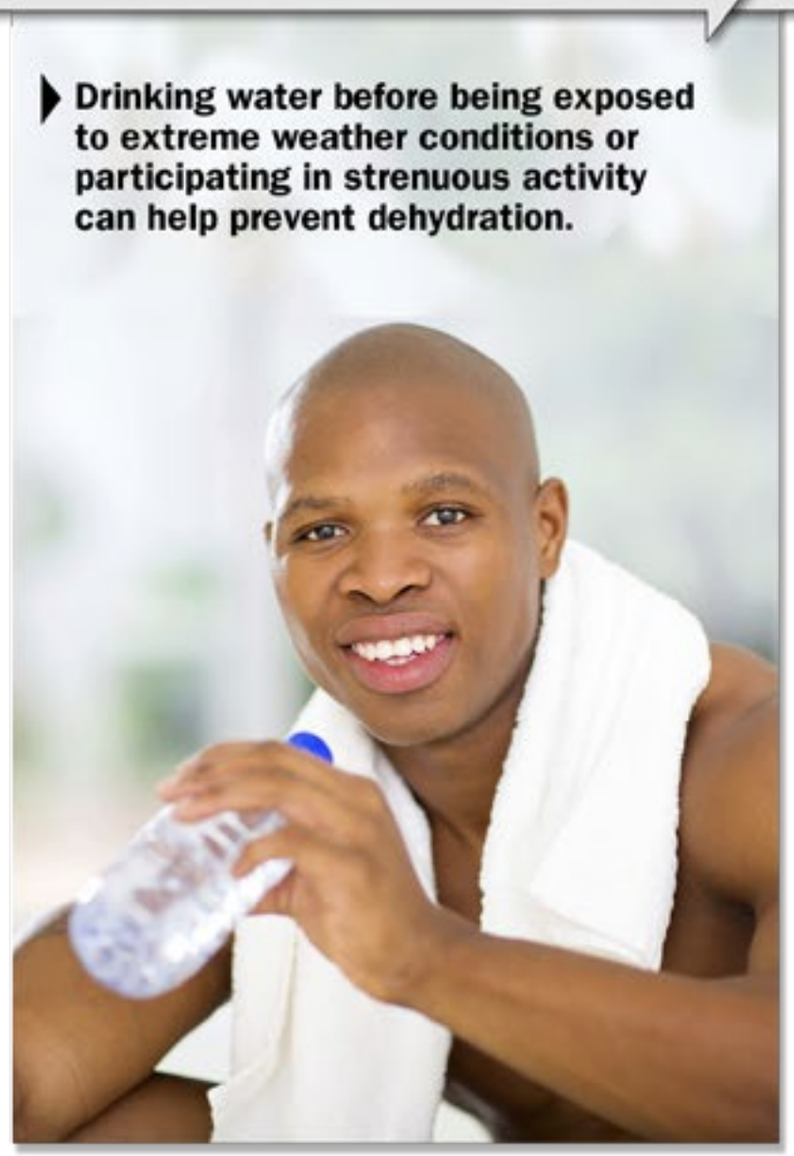
You need to hydrate yourself! If your urine color is on the left end of this box, hydrate with 1/2 bottle of water (or a whole bottle if you're outside sweating). If your urine color is on the right end of this box, drink 2 bottles (1 liter) of water now.

If your urine is red and/or brown, seek medical aid. Your hydration level may or may not be the problem causing this.

If you live in an area where the weather conditions are extremely hot or cold or you engage in any high intensity activities, **keep these 3 tips in mind:**

PREPARE

- **Drinking water before being exposed to extreme weather conditions or participating in strenuous activity can help prevent dehydration.**

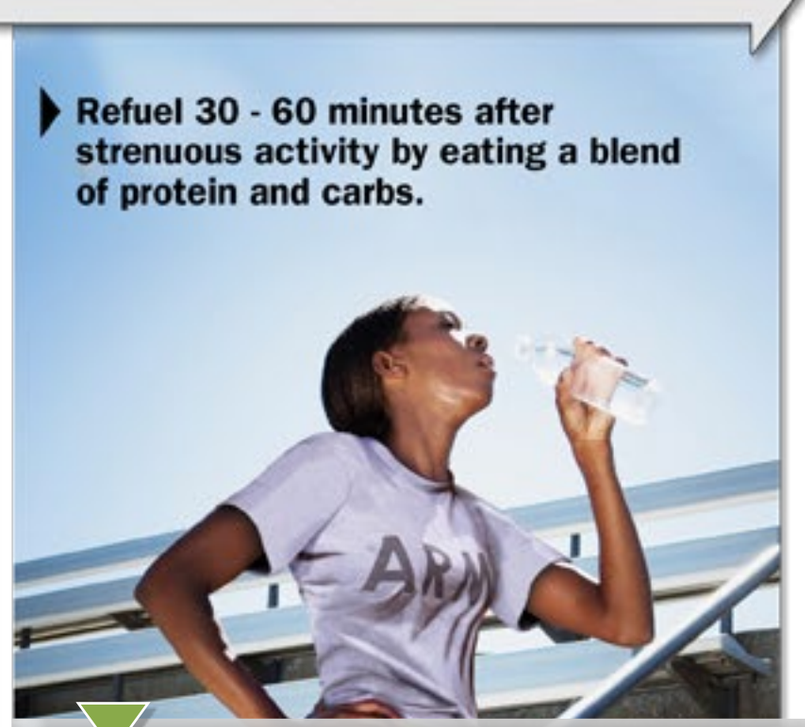


SUSTAIN

- **Drink water every 15 minutes during strenuous activity.**

COMPLETE

- **Refuel 30 - 60 minutes after strenuous activity by eating a blend of protein and carbs.**



TARGETS

Eat breakfast every day this week to help jumpstart your day.

Refuel and rehydrate 30-60 minutes after an intense workout for the next 7 days.

Estimate your daily calorie needs. Eat nutritious meals to meet your needs.

> For more information on maintaining a healthy diet to support an active lifestyle see Module 5a (Pg. 18)

In An EXERCISE RUT?

Maintaining a physically fit body requires consistent training and motivation. It's common for people to get stale or fall into a training rut. Consider cross-training, adding new activities and exercises, or just doing something physical for fun!

Cross Training for Well-Rounded Fitness

Change up your routine! Don't fall into the trap of doing the same old workout—reach your goals by challenging yourself to try new things. Find a new fitness activity and stick with it! Learning new skills and different kinds of conditioning will give you the confidence and fitness to power through any challenge. *Give it time!* It takes at least 6 weeks to see a real improvement from training in a new kind of fitness activity.

Creative Options to get Started:

- Equipment and gym space may be limited or non-existent, but you can find other ways to stay fit!
- Bodyweight exercises like pushups, lunges, and squats are great options for home or work environments.
- Create or improvise your own strength equipment—but remember safety first! Cans of food, gallon milk jugs and other items give you good home-expedient options!
- Busy schedules can present challenges to your fitness routine. Planning ahead will keep you on track.
- Plan some time each day for workouts, even if it's just 10 minutes a day.
- Body weight conditioning exercises and strength drills can be done anywhere!

Improve your Flexibility

Don't forget your flexibility training. Flexibility, also referred to as range of motion (ROM), is a major component of fitness. Decreased ROM may leave you susceptible to injuries or even affect your day-to-day activities and physical performance.

If you're having trouble moving with comfort during your workout or daily activities, then improving your flexibility and mobility might help. There are several ways to improve your flexibility:

- Stretching after a workout can help improve your flexibility but getting into a regular routine of movements that challenge your mobility will result in longer-lasting benefits to your flexibility.
- The American College of Sports Medicine recommends stretching at least two days per week and notes that stretching is most effective when muscles are warm. So, warm up briefly using a low-level cardiovascular activity such as biking or jogging before you begin stretching.
- For more detailed information check out HPRC's "Stretching during warm-up" articles!

Need ideas?

- Strength and mobility options: barbells, dumbbells, kettlebells, medicine balls, rope climbing, body weight strength drills, elastic bands, improvised strength equipment like 5-gallon water bottles or filled duffel bags
- Conditioning options: Shuttle runs, upright stationary bike, swimming, spinning bike (try a class!), elliptical trainer, rowing machine, conditioning drills, martial arts

Watch This!

- Human Performance Program Guides: http://bit.ly/HPRC-Exercise
- HPRC Vertical Core Series Videos: http://bit.ly/HPRC-VerticalCore-Videos

Download This!

- American College of Sports Medicine's bodyweight routine here: http://bit.ly/ACSM-Basic-Bodyweight

TARGETS

BEGINNER — **Challenge yourself with 3 different exercises for one week.**

INTERMEDIATE — **Perform 2–3 sessions of strength training per week + 1 day of flexibility training, for 6 weeks.**

ADVANCED — **Build a new exercise routine and do it for 6 weeks.**

SOCIAL, FAMILY AND SPIRITUAL SUCCESS

Army Spouses, Retirees, and DA Civilians are strong role models for Soldiers, children, friends, and community members. Engaging in a healthy lifestyle not only supports Family members' health but the health of those around them.

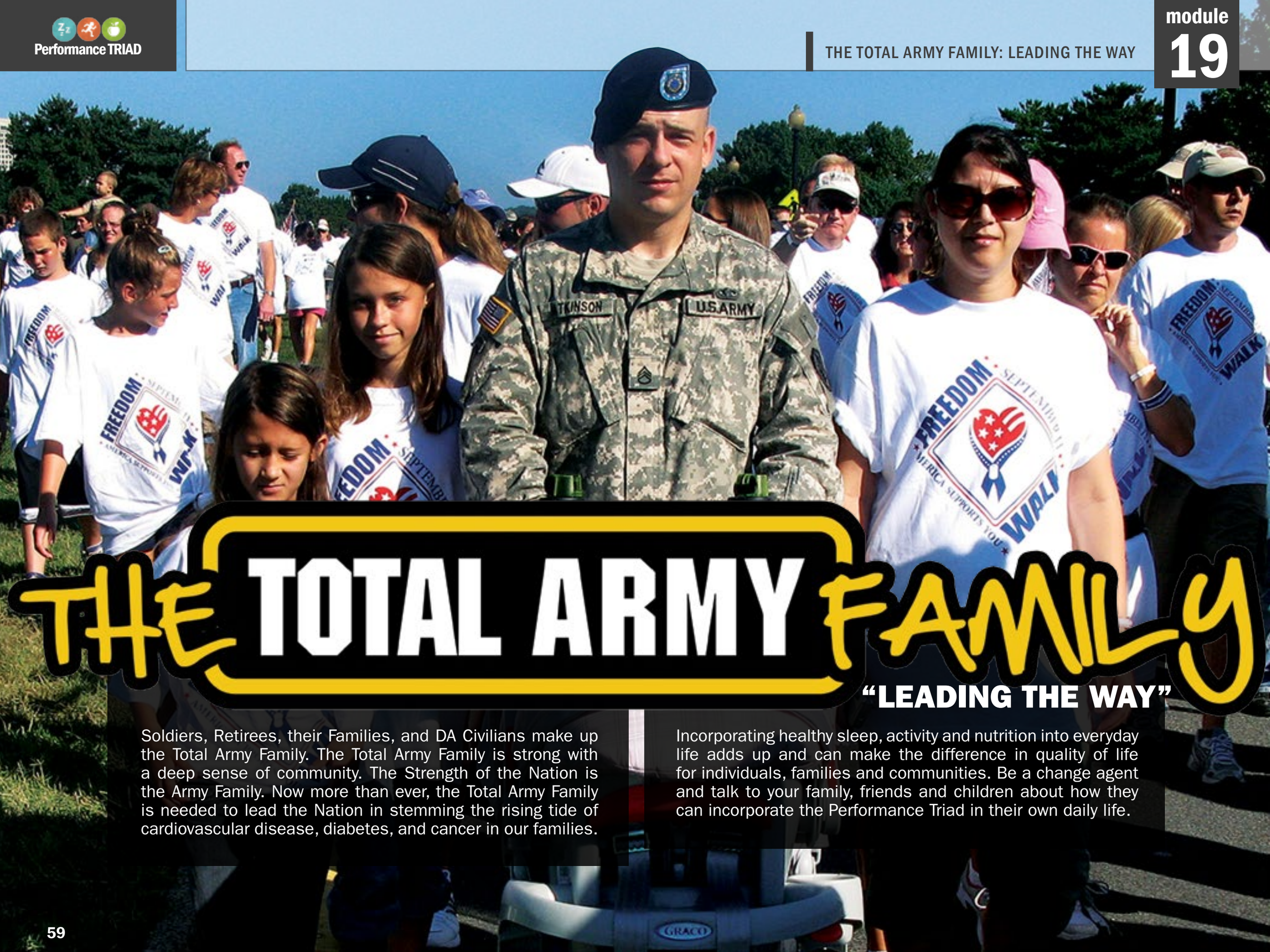
CHAPTER CONTENTS

Module 19 The Total Army Family: Leading The Way

Module 20 Family and Soldier Nutrition

Module 21 Family, Friends, Faith, and Fitness

Module 22 SLEEP: For Stronger Relationships



THE TOTAL ARMY FAMILY

"LEADING THE WAY"

Soldiers, Retirees, their Families, and DA Civilians make up the Total Army Family. The Total Army Family is strong with a deep sense of community. The Strength of the Nation is the Army Family. Now more than ever, the Total Army Family is needed to lead the Nation in stemming the rising tide of cardiovascular disease, diabetes, and cancer in our families.

Incorporating healthy sleep, activity and nutrition into everyday life adds up and can make the difference in quality of life for individuals, families and communities. Be a change agent and talk to your family, friends and children about how they can incorporate the Performance Triad in their own daily life.

IN THE ARMY FAMILY

YOU ARE NEVER ALONE!

Families can access H.E.A.L.T.H. and ArmyFit to create a personalized plan, track progress, and locate resources.

THE STRENGTH OF THE NATION:

THE ARMY FAMILY

DID YOU KNOW?

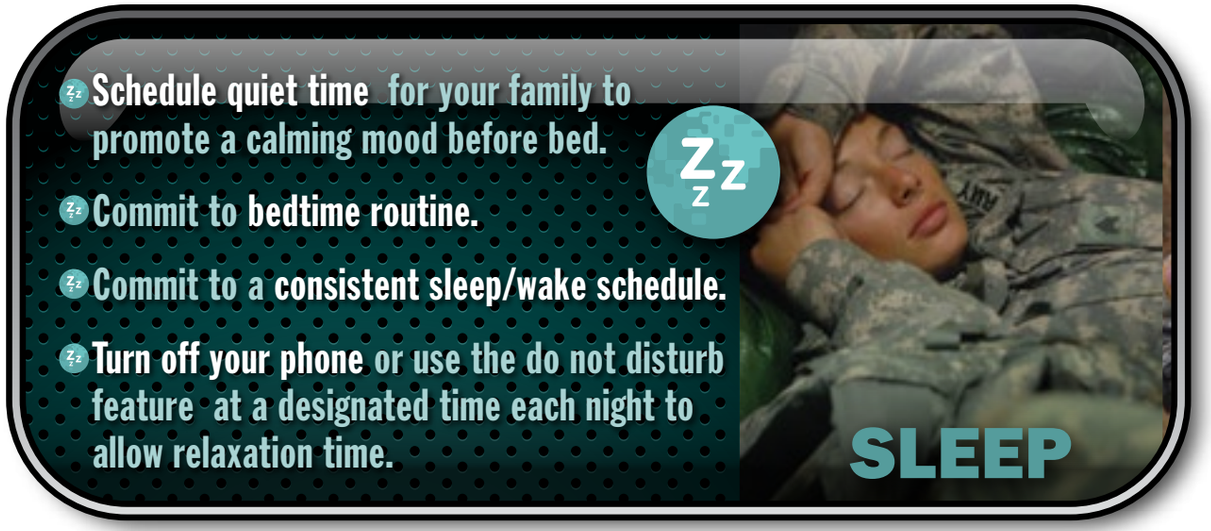
- Incorporating the Performance Triad will support emotional, spiritual and mental health and well-being for you, your family, and your friends!
- Healthy sleep, activity, and nutrition should be reinforced at home with each person.
- Healthy habits are contagious. Set an example and lead the way!
- Families and friends will benefit from improved performance—at school, at home, at work, and across the Life Space.

Help your Family and friends be all they can be with the Performance TRIAD !

Healthy Families Are Strong Families

DID YOU KNOW?

- While 80% of families value mealtime together, only 33% successfully achieve daily family meals. Eating regular meals is linked to:
  - » Educational success
  - » Decreased likelihood of smoking, drinking or using drugs
  - » Closer family relationships
  - » Healthier eating habits http://www.cfs.purdue.edu/CFF/promotingfamily-meals
- Families who model healthy behaviors such as sleep, exercise, and nutrition are more likely to have children who make healthy choices.
- Regular attendance at church or other community of faith gatherings has been linked with lower rates of depression and reduces the risk of dying by 25%. A likely reason for this is that people with a sense of connection to a higher power, a sense of connection with their communities, and a sense of purpose in life helps them work through life challenges.



Read This!

- ArmyFit Tip Card: http://bit.ly/ArmyFit-tipcards

Explore This!

- Army H.E.A.L.T.H.: http://armyhealth.pbrc.edu
- Comprehensive Soldier and Family Fitness: http://csf2.army.mil
- Eat right: http://bit.ly/YUMReP
- Human Performance Resource Center—Family Nutrition: http://hprc-online.org/nutrition/family-nutrition

TARGETS

BEGINNER	**Be a leader and set the example. Organize a fun outing for your family and friends that incorporates a healthy lifestyle.**
INTERMEDIATE	**Encourage family and friends to sign up for a group challenge related to sleep, activity, or nutrition.**
ADVANCED	**Identify some of your friends or family who could help you meet your goals.**

FAMILY AND SOLDIER NUTRITION

Food plays a role in your performance at home, at work, in the gym, while running errands, and everywhere in between.

Your food choices are determined by several factors:

Making the best food choices isn't always easy (think about social or family gatherings). Sometimes eating healthy is not popular (friends, family, or co-workers may have conflicting nutrition habits or goals).

In order to make healthier food choices, you have to:

1. Plan ahead
2. Lead by example
3. Be assertive, confident, and respectful

Planning for proper nutrition may require you to change your habits, but it doesn't mean you have to compromise your beliefs or traditions. Wholesome foods (whole grains, fruits, vegetables, and legumes) fit into even the most stringent beliefs.

DID YOU KNOW?

- **YOU ARE WHAT OTHERS EAT! In group settings, you are more likely to copy the eating behaviors (healthy or unhealthy) of those around you. Break the mold—stay committed to your nutrition goals!**
- **By choosing healthy foods instead of junk food to satisfy your hunger, over time you can train your brain to like and crave healthy foods.**

Know the Correct Portion Size of Your Healthy Food Choices!

Serving Size Decoder

What is considered 'one serving'?	Comparison
Fruits	
1 medium-sized fresh fruit 1 cup fresh or canned fruit	1 Fist
1/2 cup dried fruit (i.e., raisins)	1 Small Handful
Vegetables	
2 cups of green salad	2 Fists
1 cup of cooked or raw veggies	1 Fist
Grains	
1 cup dry cereal	1 Fist
1/2 cup cooked cereal, rice, or pasta	1 Handful
Proteins	
3 oz. cooked chicken, beef, fish	Palm (woman's)
1 tbsp. of nut butter	1 Thumb
1/4 cup cooked beans	1 Small Handful
Dairy	
1 1/2 oz. hard cheese	1 Thumb
1 cup of milk, yogurt	1 Fist
Oil, Margarine, Butter, Dressing	
1 tsp. butter, margarine, oil, dressing	1 Tip of Thumb
1 tbsp. of dressing	1 Thumb

For more information on serving sizes, go to www.choosemyplate.gov

Watch This!

- Re-wind the Future by Children's Healthcare of Atlanta: https://www.youtube.com/watch?v=xUmp67YDIHY
- Healthy Eating on a Budget: http://bit.ly/eatingonbudgets

Download This!

- Fooducate™
- My Family Meal Planner Light

TARGETS

BEGINNER — **Include at least 8 different colorful fruits and vegetables on your grocery list and try to eat them most days of the week.**

INTERMEDIATE — **When dining out this week with friends and/or family, order first and choose a healthy option—see if others do the same.**

ADVANCED — **Plan and enjoy a healthy dinner at home with family and/or friends at least once a week for 6 months.**

FAMILY, FRIENDS, FAITH & FITNESS

Friends and family influence our beliefs, values, interests, and behaviors. It's important to invest in relationships that make positive contributions to your life. When it comes to fitness, your social network can have a tremendous effect on your activity level and lifestyle. As you think about your personal wellness goals, also think about who can help you succeed. Social support can be found in a variety of places and in many forms.

Take a look at a few kinds of social support:

- **Emotional/Listening:** Given by someone close to you to provide empathy, moral support, and allow you to vent if needed.
- **Informational:** Expert advice and information from a health professional or credible resource (e.g. a book, website, etc.).
- **Partnering:** When a family member or friend participates in the new behavior with you. Examples include having a workout buddy or a spouse preparing a healthy meal for the family.
- **Motivational:** Someone who provides encouraging words and acts as your personal cheerleader.
- **Practical:** A tangible resource that helps to achieve your goal. Examples include having a babysitter, receiving a discounted gym membership, or removing a TV from the bedroom.

"...Invest in relationships that make **positive contributions** to your life."

Who's in your network?

Did you know that having a regular workout partner or group fitness schedule can improve your workout attendance as much as 50%? You are more likely to succeed at fitness (or any goal) if you don't go it alone. Each social connection you have supporting your choices increases your chance of making those healthy choices. Make physical activity social by joining a sports league, taking a fitness or dance class, setting up play dates for your kids, or signing up for an event in your community (e.g. neighborhood clean-up, 5k walk/run).

Armed Services YMCA: Find programs for you and your family.

CSF2 ArmyFit™: Receive personalized information to meet your health goals.

Army Wellness Center: Learn more about health and wellness services in your community.

MWR Recreation and Leisure: Find activities at the installation nearest you.

Operation Live Well: Find more wellness resources for the DoD community.

The military also offers great opportunities to get involved. Check out these resources.

Don't forget to pay it forward!

As you make strides toward healthy living, share what you have learned with others. Being a good example will inspire others to make positive lifestyle choices. For parents, practicing healthy eating, sleeping, and activity habits with your kids will put them on a path toward healthy living into adulthood.

Resources for Parents

- We Can!: Information on nutrition and activity for families.
- The President's Challenge: Fitness and nutrition challenges for adults and kids.

TARGETS

Review the types of social support and pick out the one you could use the most.

Find a person (or resource) that can help support your active lifestyle.

Share something you've learned from the Performance Triad with a friend or family member.

SLEEP FOR STRONGER RELATIONSHIPS

Insufficient sleep affects health, mood, and productivity. It is a myth to assume that sleep cuts into our productive hours. We are actually more productive with adequate sleep.

Your ability to do well at work, school, or home improves when you get quality sleep. You experience more energy, you are able to think more clearly, and you are more creative and efficient.

DID YOU KNOW?

- 66% of 18 to 34-year-olds report having sleep issues like insomnia, difficulty falling asleep or staying asleep.
- 6 in 10 Americans crave sleep over sex.
- In 2013, it was reported that 12% of Americans fell asleep at work, 10% fell asleep at school, 7% fell asleep at church, and 4% fell asleep on the toilet.
- 75% of adults in a relationship sleep better with their partner.
- Americans who get 7 or more hours of sleep are more likely to engage in higher intensity workouts.

Strategies for Better Sleep

Do you need more time for…life?

Get adequate sleep and you will see a difference in the quality of your relationships and things that interest you the most. Prioritize sleep when planning your social activities and realize that sometimes you may have to say "no" to get enough sleep.

When you're planning your day, be mindful of the amount of adequate sleep you need. Give yourself ample time to wind-down and go to bed. You will thank yourself when you wake up.

Healthy sleep habits, including a routine with a set bedtime, can:

- Improve sleep quality/quantity and result in a better mood, thinking, and decision making.
- Help children improve behavior, mood, and conduct.
- Support better sleep for the whole family. When children have a set bedtime routine, parents tend to get to bed earlier.

Signs that You May Need a New Mattress & Box Spring

- You wake up with stiffness, numbness, aches and pains.
- You had a better night's sleep somewhere other than your own bed.
- Your mattress shows visible signs of overuse (it sags, has visible tears, rips, holes, stains, or damage).
- You are tired after a full night's sleep.
- Your mattress is more than seven years old.

Newborns/Infants

- Birth–3 months need 14–17 hours
- 4–11 months need 12–15 hours

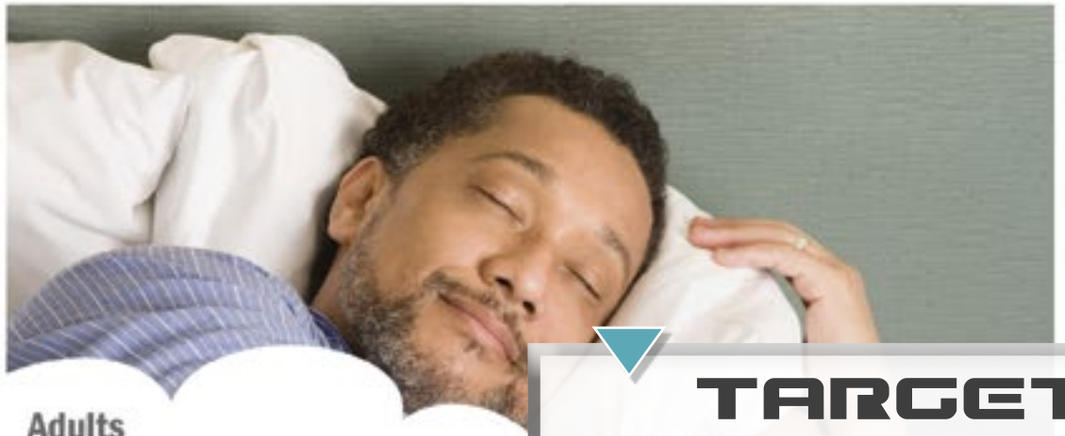
Toddlers/Preschoolers

- 1–2 years need 11–14 hours
- 3–5 years need 10–13 hours

How Much Sleep Does Someone Need?

School age/Teenagers

- 6–13 years need 9–11 hours
- 14–17 years need 8-10 hours



Adults

- 18-64 years need 7–9 hours
- 65+ years need 7–8 hours

Children require a few more hours of sleep than adults.

TARGETS

Assist a friend or family member to identify sleep strategies to improve his or her sleep.

Get 8 hours of sleep each night this week. If you have children or teenagers, make sure they get the hours of sleep needed according to their age.

Improve and implement your bedtime routine for at least 7 days.

MAINTAIN YOUR EDGE

It's important to maintain healthy sleep, activity, and nutrition habits for life! Stay strong for yourself, for Soldiers, your Family, and your Community! Your Nation needs you!

CHAPTER CONTENTS

Module 23 Time For A Check-Up

Module 24 Performance Triad for Life!

TIME FOR A CHECK-UP

Are you reaching your health goals? The most challenging limitations that you will face in life are the ones that you set for yourself. Do your best to overcome any physical or mental challenges. The Performance Triad gives you the guidance needed to enhance your health so that you feel incredible!

Over the past 30 days, how well did you meet each of these targets?

(circle and give yourself one point per answer)

SLEEP				
On average, how many hours of sleep do you get in 24 hours?	4–5	6	7–8+	
How would you rate your satisfaction with your sleep?	Poor	Fair	Good	
How is your energy after a full night's sleep?	Poor	Fair	Good	Sleep score
	___x 1	___x 3	___x 5	=___

ACTIVITY				
Resistance training sessions per week	0–1	2	2+ agility	
Steps per day	<10,000	10,000–14,999	15,000+	
Aerobic activity minutes per week	<150 moderate	150 moderate	150 moderate +75 vigorous	Activity score
	___x 1	___x 3	___x 5	=___

NUTRITION				
How many days per week have you eaten six to eight servings of fruits and vegetables?	< 3	4-6	7	
How many times per week did you eat breakfast?	< 3	4–6	7	
How often are you having a healthy snack 30-60 minutes after a strenuous exercise session?	<25% of the time	25–50% of the time	75–100% of the time	Nutrition score
	___x 1	___x 3	___x 5	=___

How did you score? (circle)			
Sleep	3–6	7–13	14-15
Activity	3–6	7–13	14-15
Nutrition	3–6	7–13	14-15
Combined	9–20	21–40	41-45

How has your health improved?

(Mark all that apply.)

- ❒ I am able to make better decisions while under stress.
- ❒ I feel more rested when I awake.
- ❒ I choose healthy snacks more often.
- ❒ I am eating breakfast more often.
- ❒ I have increased my physical performance.
- ❒ I work out with a partner more often.

The principles of the Performance Triad are based on scientific research. They are designed to help you optimize your health. Revisit those modules that will help you maintain your health goals.

Performance Triad *for Life!*

"As we continue to reshape and strengthen our Army…be assured that the Army will not waver in its commitment to take care of Soldiers, Civilians, and their Families. I want the Army to remain an institution in which each of you is proud to serve and with which you are proud to stay connected."

Raymond T. Odierno, General,
38th Chief of Staff, United States Army

CONGRATULATIONS!

Your commitment to your health and the health of Soldiers is commendable!

What improvements have you noticed in your energy levels, alertness, and your ability to focus throughout the day? Which sleep, activity, and nutrition goals have you met? Take time to reflect on and journal the barriers that you have overcome.

As the Performance Triad becomes more embedded in your life, your health and quality of life will continue to improve. As a member of the Total Army Family, you are the Strength of Our Nation. Take command and control of your life today.

/TARGETS

SLEEP

- 7–8 hours/day
- Dark, cool and quiet place
- Caffeine-free 6 hours before bed

ACTIVITY

- 10,000 steps/day +5,000
- 2–3 days resistance training/week + 1 day agility training
- 150 min Moderate + 75 Vigorous

NUTRITION

- 8 servings fruits & vegetables/day
- Refuel after strenuous exercise

Benefits of achieving the Performance Triad Targets!

- Enhanced quality of life
- Resiliency
- Improved health and well-being
- Controlled weight management
- Increased aerobic capacity, energy, strength, endurance and speed
- Better relationships
- Improved decision-making
- Improved planning skills
- Shorter injury recovery periods

THE TOTAL ARMY FAMILY CHALLENGES

CHALLENGE ACCEPTED

Take a **Total Army Family Challenge!**
This area of the guidebook has 26 challenges for you to choose from. You can challenge yourself, your family, friends, co-workers, neighbors, or any combination of the above!

Group and individual challenges are highly motivating and build momentum and a sense of accountability. They can also push you to dig deep and achieve what seems difficult.

Always remember, though, to be careful and stay safe. Don't push yourself beyond your limits, and always consult a physician if you have questions about your ability to complete certain activities. Have fun, but be smart and remember: Safety First!

THE FIRST STEP!

Establish a baseline and track your progress! You can't measure improvement if you don't know where you started. Start with a "baseline," such as weight, mile-run time, average hours of sleep each week, or servings of vegetables each day, that you can track and use for comparison throughout the challenge.

Organizing the Challenges

These challenges can be done individually or as a team.

Individual Challenges:

These are designed to be done on their own but can also be done in a group to receive immediate feedback.

Team Challenges:

Option 1: Break down the challenges into distinct pieces. For example, if you have a team of three and the challenge is a three-mile run, one person can run each mile. Or, if the challenge is a Sprint Triathlon, you can have one person swim, one bike and one run.

Option 2: Form teams that perform the entire event; only score the best 4 or 5 individuals towards the challenge score.

Option 3: Challenge larger groups. Combine several of the individual/team challenges and track them over time. Add points to each challenge; the group with the most "points" wins.

SCORING SUGGESTIONS

Here are some suggestions to score your events and make them even more competitive and fun.

Individual and Team Events

Score each participant in a rank order fashion. For example, whoever finishes first receives a score of "1." The next person then receives a score of "2," and so on. If you have 10 people in your squad or group, you will have 10 total scores ranging from 1 to 10 (you can also assign the scores the other way: 10 for the first and 1 for the last).

Ensure you have rules for tie-breakers for each event!

Then collect points over the next 6 months using a combination of challenges.

Large Group Challenges

For large group challenges, establish a point system for the different events. Consider choosing multiple challenges and assigning points for each event.

Assign different point values for each event's difficulty level and for performance levels. Also assign points for participating in and completing particular events. At the end of the challenge, add up the points and declare the final winner!

A proper scoring system is important to help ensure each individual has an opportunity to participate and contribute to his or her team's success while not being intimidated by the challenges. This way, everyone on the team can celebrate together while inspiring teamwork, building camaraderie and reinforcing the fun sense of competition.

Weekly Challenge Options

Challenge	Description	
Walking Lunge	400m (or any distance you choose!) walking lunge for time	Individual, Team
Run or Jog	1 mile/5K/10K/10 miles/13.1 miles/26.2 miles run for time	Individual, Team
Bike	6/12/25 miles for time	Individual, Team
Core Challenge	Longest time in 4 plank positions (front/side x2/bridge)	Individual, Team
Jumping Jacks or Burpees	How many can you do in 5 minutes (or any amount of time you feel comfortable with)?	Individual, Team
Swim	15 consecutive minutes for distance	Individual, Team
Fruits and Vegetables	Aim to eat at least 8 servings of fruits and vegetables each day. How many days were you successful in a week?	Individual
Sleep Environment	Turn off electronics as many nights as possible in a week. How many nights were you successful?	Individual

Challenge	Description	
Push Ups	How many can you do in 1 minute?	Individual, Team
Walking	How many steps can you get in a week using a pedometer?	Individual, Team
Home Cooking	How many meals can you prepare at home in a week?	Individual
Snack Substitute	Substitute at least one sugary snack with a fruit, vegetable or low-fat/fat-free dairy snack each day this week. How many substitutions did you make?	Individual
8 Hours of Sleep	Aim to go to bed 8 hours before your scheduled wake-up time (number of nights per week)	Individual
Reduce Sugary Drinks	Substitute a glass of water for a sugary beverage at least once a day, every day this week. How many substitutions did you make?	Individual
Water	Replace fluid loss following every workout this week.	Individual

Challenge	Description	
Technology	Use technology to track fitness, nutrition, or sleep throughout the week.	Individual
Stairs	Take the stairs instead of the elevator at every opportunity this week. How often did you succeed?	Individual
Caffeine	How many days during the week can you stop caffeine use at least 6 hours before bedtime?	Individual
Wake-up Time	Try to wake up at the same time every day this week, including on the weekend. How many days were you successful?	Individual
Jump Rope	Longest time jumping rope	Individual, Team
Meatless Meals	Can you make at least 3 meals without meat? Substitute meat for other healthy sources of protein (e.g. beans, nuts, egg, & peas).	Individual, Team
Tuck Jumps	Stand with feet at shoulder-width and knees slightly bent. Bend your knees and powerfully jump straight up, bringing your knees toward your chest while in midair. Upon landing, immediately repeat the next jump. How many can you do in 2 minutes?	Individual, Team

Challenge	Description	
Cardio Challenge	Do each exercise as fast you can do safely (and with good form) for 30 seconds, then recover (walk around) for 15. Complete the circuit 3 times. • *Fitness Blender Warm-up • High Knees (For low impact, perform a knee lift) • Mountain Climbers (For low impact, perform exercise slowly) • Squat jump (Low impact option) • Jumping Lunge (Low impact option) • Plank Jacks (For low impact, step one foot out at a time) • Don't forget to cool down afterwards.	Individual, Team
Core Challenge 2	Complete 10 reps of each exercise, then repeat for another set. • Crunches • Russian Twist (1 twist on each side = 1 rep) (Pick your poison: Level 1 or Level 2) • Leg Raises • Superman • *Bonus: Plank with arm & leg lift - hold for 15 sec then switch sides	Individual, Team
Strength Training	For how many weeks in a row can you get at least 2 days of strength training?	Individual
Guided Meditation	Challenge yourself to complete at least 1 meditation exercise this week.	Individual

"Bonus" Points

You can also earn other "bonus" points for participating in and promoting health and wellness!

BONUS **Attendance at events, exercise classes, nutrition classes, and lectures that promote health.**

BONUS **Army Wellness Center (AWC) Visit**: points for individuals that schedule a visit to determine their baseline fitness level. Where available, the AWC can measure your body composition and determine your aerobic capacity.

BONUS **Greatest % weight loss.**

BONUS **Greatest % gain on the weight lifting portion.**

BONUS **Family Involvement**—double the points for involving Family members in any of the challenges.

Explore This!

- Army Wellness Centers: http://bit.ly/ArmyWellnessCenter

Rewards and Recognitions

While there are many intrinsic rewards to working toward improved health and wellness, you can also reward and recognize your efforts and those of your friends and family for the great things you've done!

- Take in a movie with your family and friends.
- Buy a new workout or work outfit to show off the results of your hard work.
- Try a new and fun activity to further diversify your activities.

RESOURCES

> Key Evidence Sources

SLEEP

We align our Sleep curriculum with consensus expert data from the National Sleep Foundation and other professional organizations.
Some links of interest:

National Sleep Foundation: http://sleepfoundation.org/

Sleep Tools: http://sleepfoundation.org/sleep-tools-tips

Sleep Problems and Disorders: http://sleepfoundation.org/sleep-disorders-problems

American Psychological Association: http://www.apa.org/topics/sleep/index.aspx

DoD HPRC: hprc-online.org

CDC: http://www.cdc.gov/sleep/publications/factsheets.htm

Sleep of America's Children: http://www.sleepforkids.org/html/uskids.html

We Can! http://www.nhlbi.nih.gov/health/educational/wecan/tools-resources/eatplaygrow-sleep.htm

Harvard's Sleep and Health Education Program: http://healthysleep.med.harvard.edu/portal/

ACTIVITY

We align our Activity curriculum and targets with Health and Human Services' National Prevention Strategy, Physical Activity Guidelines for Americans and Healthy People 2020 and with major professional organizations such as the American College of Sports Medicine and the National Strength and Conditioning Association. Some links of interest:

National Prevention Strategy: http://www.surgeongeneral.gov/initiatives/prevention/strategy/report.html

Physical Activity Guidelines for Americans: http://www.health.gov/paguidelines/guidelines/chapter4.aspx

Healthy People 2020: http://www.healthypeople.gov/2020/default

Centers for Disease Control Prevention Research Center: http://www.cdc.gov/prc/

CDC DNPAO: http://www.cdc.gov/nccdphp/dnpao/index.html

DoD HPRC: http://hprc-online.org/

American College of Sports Medicine Position Stands: http://acsm.org/access-public-information/position-stands

ACSM Exercise is Medicine: http://exerciseismedicine.org/

American Psychological Association, Sports and Exercise: http://www.apa.org/topics/sport-exercise/index.aspx

NUTRITION

We align our Nutrition curriculum and targets with the Federal guidelines, the CDC, and other professional organizations.
Some links of interest:

USDA Choose My Plate: http://www.choosemyplate.gov/

USDA Nutrition: http://www.nutrition.gov/

Dietary Guidelines for Americans: http://health.gov/dietaryguidelines/2015.asp and http://www.cnpp.usda.gov/dietaryguidelines/

Centers for Disease Control Prevention Research Center: http://www.cdc.gov/prc/

DoD HPRC: http://hprc-online.org/

CDC DNPAO: http://www.cdc.gov/nccdphp/dnpao/index.html

American Psychological Assocation on Obesity, Eating Disorders: http://www.apa.org/topics/obesity/index.aspx; http://www.apa.org/topics/eating/index.aspx

Academy of Nutrition and Dietetics: http://www.eatright.org

U.S.ARMY

Learn more about the Performance Triad at
HTTP://ARMYMEDICINE.MIL

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