

February 2016

HEALTHY LIFESTYLES

The Army Performance Triad is about more than Activity, Nutrition and Sleep – it's about setting and sticking to goals that focus on optimizing overall health and performance. February is the perfect time to set goals for a healthy lifestyle

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

31

Food is Fuel

1

FUELING FOR HEALTH LIVING TIPS! FIND THEM ON OUR APP!

P3 PerformanceTriad

2

Available on Google play and the App Store.

What fuel are you putting in your machine?

3

4

DIETARY GUIDELINES FOR AMERICANS 2015-2020

EIGHTH EDITION

health.gov/dietaryguidelines/2015

5

WRITE IT DOWN!

Keep a log of what you eat and how it makes you feel

Plan your meals. Involve your family. Take the time to eat right!

6

Make a plan for the week

Make a list for the store

Get the Family involved!

Did You Know

...that scientific studies show that adults need about 7-8 hours of sleep every 24 hours for optimal energy?

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Sleep is vital for health, performance, & wellbeing

sleepight

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Wake up here to feel your best. Try a **SLEEP CYCLE APP** to wake you

10

Want to be Successful?

Elon Musk stops drinking caffeine at least 6 hours prior to bed

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Head to bed 10 minutes earlier this week

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10 TIPS FOR **Better Sleep**

1. MAINTAIN A CONSISTENT DAILY SCHEDULE
2. REDUCE YOUR DAILY CAFFEINE INTAKE
3. TURN OFF THE COMPUTER OR TELEVISION
4. DON'T GO TO BED ON A FULL STOMACH
5. DON'T GO TO BED ON AN EMPTY STOMACH
6. ENGAGE IN REGULAR EXERCISE
7. LIMIT BEVERAGE CONSUMPTION BEFORE BED
8. KEEP YOUR BEDROOM DARK & QUIET
9. INVEST IN A COMFORTABLE MATTRESS AND BEDDING
10. GO TO SLEEP AND WAKE UP USING YOUR INTERNAL ALARM CLOCK

12

So you think your kid is sleeping? This is what they are probably doing...

GAMING 64%

TEXTING 55%

SNACKING 36%

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Love your heart Feed it right

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Every ACCOMPLISHMENT began with a decision to **TRY**

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A goal without a plan is just a wish

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17 **MOTIVATIONAL INTERVIEWING**

- R** RESIST telling them what to do: Avoid telling, directing, or convincing your friend about the right path to good health.
- U** UNDERSTAND their motivation: Seek to understand their values, needs, abilities, motivations and potential barriers to changing behaviors.
- L** LISTEN with empathy: Seek to understand their values, needs, abilities, motivations and potential barriers to changing behaviors.
- E** EMPOWER them: Work with your friends to set achievable goals and to identify techniques to overcome barriers.

You are CAPABLE of more than you know.

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19 **BELIEVE THAT success IS YOUR ONLY option**

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Get the Family motivated & get moving! Go play a game together!

SLEEP GIVES YOU A MENTAL EDGE

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WAKE UP DRIVE ALERT ARRIVE ALIVE

DRIVE TIRED

23

How much sleep are you really getting? There is an app to track that...

<http://bit.ly/1tGut88>

24

DOUBLE your chance of success by sharing your goals with your SPOUSE

Sometimes the most productive thing one can do is to sleep.

25

Consistency is the KEY

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SUCCESS

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27 *fall asleep* RIGHT NOW

28

Sit less MOVE MORE!

GET UP AND MOVE

AT LEAST 10 MINUTES EACH HOUR

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Goals



armymedicine.mil

