

January 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. January is the perfect time to set goals for a healthy lifestyle.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY																		
27	28	29	30	31	<p>WELCOME TO 2016</p> <p>RETHINK RESET RENEW 1</p>	<p>ARMY FAMILY IS AN UNSTOPPABLE FORCE</p> <p>2</p>																		
<p>Small changes make a BIG DIFFERENCE</p> <p>3</p>	<p>PERFORMANCE TRIAD TARGET BEHAVIORS</p> <p>4</p>	<p>P3 PerformanceTriad</p> <p>5</p>	<p>6 P3 Triangles</p>	<p>7 LIFE BEGINS AT THE END OF YOUR COMFORT ZONE</p>	<p>AZIMUTH CHECK 8</p>	<p>Nap Time</p> <p>9</p>																		
<p>WHAT'S YOUR TARGET FOR THE WEEK?</p> <ul style="list-style-type: none"> 8 hours sleep? Refueling 30-60 minutes after your workout? 15,000 steps per day? <p>10</p>	<p>11 SLEEP is Important at all Ages</p> <table border="0"> <tr> <td>Newborns (0-3 months)</td> <td>14-17 hours</td> </tr> <tr> <td>Infants (4-11 months)</td> <td>12-15 hours</td> </tr> <tr> <td>Toddlers (1-2 years)</td> <td>11-14 hours</td> </tr> <tr> <td>Preschoolers (3-5 years)</td> <td>10-13 hours</td> </tr> <tr> <td>School Children (6-13 years)</td> <td>9-11 hours</td> </tr> <tr> <td>Teens (14-17 years)</td> <td>8-10 hours</td> </tr> <tr> <td>Younger Adults (18-25 years)</td> <td>7-9 hours</td> </tr> <tr> <td>Adults (26-64 years)</td> <td>7-9 hours</td> </tr> <tr> <td>Older Adults (65+ years)</td> <td>7-8 hours</td> </tr> </table>	Newborns (0-3 months)	14-17 hours	Infants (4-11 months)	12-15 hours	Toddlers (1-2 years)	11-14 hours	Preschoolers (3-5 years)	10-13 hours	School Children (6-13 years)	9-11 hours	Teens (14-17 years)	8-10 hours	Younger Adults (18-25 years)	7-9 hours	Adults (26-64 years)	7-9 hours	Older Adults (65+ years)	7-8 hours	<p>YOUR SMART PHONE CAN BE YOUR</p> <p>SLEEP, ACTIVITY, AND NUTRITION TRACKER 12</p>	<p>Send your ❤️ the old fashioned way</p> <p>Hope ur day is toties amaze! Stay on target! Stay strong!</p> <p>TEXT it! 13</p>	<p>STEP IT UP!</p> <p>Take extra steps today</p> <p>14</p>	<p>SUCCESS FAILURE</p> <p>15</p>	<p>Share the reason behind why you are asking your family to make changes</p> <p>PERFORMANCE TRIAD TARGET BEHAVIORS</p> <p>Use the P3 Guide to explain the science behind the targets www.performacetriad.mil</p> <p>16</p>
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<p>S.M.A.R.T.</p> <ul style="list-style-type: none"> S. Be specific about what you want M. Determine how you will measure progress A. Select a goal that is attainable R. Be realistic about if your goal is achievable T. Set a time-bound deadline <p>17</p>	<p>18 GO confidently in the direction OF YOUR DREAMS Live THE LIFE YOU'VE IMAGINED</p>	<p>We Can Do It!</p> <p>USE YOUR TECH DEVICES TO REMIND YOU OF YOUR GOALS</p> <p>19</p>	<p>20 GOALS ARE DREAMS WITH DEADLINES</p>	<p>Go for the PLUS goals on the tip card</p> <p>10,000 STEPS PER DAY + 5,000 STEPS (SPREAD THROUGHOUT THE DAY)</p> <p>2 DAYS OF WORK TRAINING + 3 DAY AGILITY TRAINING</p> <p>IMPROVED AT LEAST 150+75% MODERATE AEROBIC EXERCISE (125)</p> <p>Push yourself a bit harder today!</p> <p>21</p>	<p>A GOAL properly set</p> <p>Is HALFWAY reached Zig Zigler</p> <p>22</p>	<p>If you don't know where you are going Any road will get you there -Lewis Carroll</p> <p>23</p>																		
<p>24 DON'T FORGET TO LIFT</p>	<p>ESSENTIAL 7 FOR STRENGTH</p> <ol style="list-style-type: none"> PUSH push-ups PULL rowing VERTICAL PUSH overhead press VERTICAL PULL pull-ups SQUAT body weight squats LUNGE walking lunges CORE STRENGTH plank <p>25</p>	<p>7-Minute Workout</p> <ol style="list-style-type: none"> Jumping jacks Wall sit Push-up Abdominal crunch <p>26</p>	<p>FITNESS TIP OF THE DAY:</p> <p>Working out with a friend increases your odds of actually working out. Make a date to meet at the gym!</p> <p>27</p>	<p>IF IT DOESN'T CHALLENGE YOU IT WON'T CHANGE YOU</p> <p>28</p>	<p>STRONG IS THE NEW SKINNY</p> <p>29</p>	<p>TELL US HOW YOU ARE FEELING</p> <p>30</p>																		
<p>31 ChooseMyPlate.gov</p>	<p>Goals _____</p> <p>_____</p> <p>_____</p> <p>_____</p>																							



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