

June 2016

RETHINK **RESET** **RENEW-**
 The Performance Triad incorporates healthy activity, nutrition and sleep – all of which promote overall health and well-being, including mental health. Taking care of your body means you'll also be taking care of your mind. - MENS HEALTH MONTH Empowering men to make their health a priority; encouraging them to take steps to improve their physical and mental health and lower their risks of certain diseases.

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

29	30	31	1 JUNE 2016 NATIONAL MEN'S HEALTH MONTH A healthy lifestyle can prevent many diseases	2 Make a plan with a partner INCREASE performance 50%	75% of adults in a relationship sleep better with their partners 3	Beauty is Only Sleep Deep 4
5 It's the final countdown! Do do do dooooo, do do do do do. 	6 D-DAY JUNE 6, 1944 	7 GAT 2.0 is for Spouses, too! Take the GAT 2.0 on ArmyFit™ https://armyfit.army.mil	8 KEEP CALM MY BEST FRIEND IS A SOLDIER	9 "A pint of sweat will save a gallon of blood." George S. Patton 	10 June is time to Get the boys checked Early detection means Greater chance of cure	"LIFE MOVES PRETTY FAST. IF YOU DON'T STOP AND LOOK AROUND ONCE IN A WHILE, YOU COULD MISS IT." P3 CAN HELP YOU ENHANCE AND ENJOY YOUR LIFE 
12 good habits ARE AS ADDICTIVE as bad habits BUT MUCH MORE REWARDING.	13 I AM A SOLDIER FOR LIFE! 	14 HAPPY 241 ST BIRTHDAY US ARMY! Work Out of the Army Birthday 48 Mountain Climbers 48 Squats 48 Push Ups 48 Lunges 49 Dips 241 jumping jacks	15 Exercise Preserves Health 	16 TOMORROW IS WEAR BLUE DAY! #ShowUsYourBlue	17 DRESS IN BLUE DAY Do it for him	MEN 1/2 make As many preventative health appointments as women In the US 300,000 Men die each year From PROSTATE CANCER DID YOU KNOW? On average MEN LIVE 5 YEARS Less than women 1 in 2 men will develop cancer
19 Happy Father's Day!	20 American Bald Eagle Day 	21 Summer IS HERE! 	22 MINDFULNESS Pay attention to the present moment Accept your thoughts without judging them	23 Injuries effect 300,000 Soldiers annually THINK SAFETY FIRST 	24 It is health that is real wealth and not pieces of gold and silver! - Mahatma Gandhi	80% Want to EAT DINNER TOGETHER! 35% DO IT!
26 Practice mindfulness For greater peacefulness 	27 Meditate. Contemplate. Create. Breathe. Repeat.	28 Don't "rust out" "wear out" from moving too fast 	6 WEEKS For your body to make a real change 8 WEEKS For your friends to notice 12 WEEKS For the rest of the world to notice Stick with it!	30 STAY FOCUSED CONTROL CRAVINGS MAINTAIN ENERGY DON'T GO MORE THAN 5 HOURS WITHOUT EATING 	1	2

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Goals
