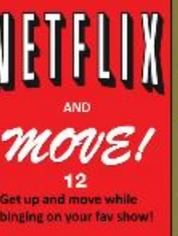
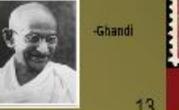
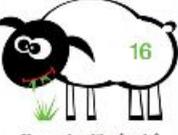
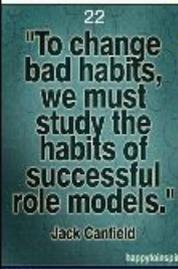


May 2016

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. -Empowering women 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
<p>1 Stuck in a RUT? Change up your exercise routine to see results</p> 	<p>2 CHANGE IS GOOD</p>  <p>DEAL WITH IT</p>	<p>3 Customize your workout</p>  <p>No gym? No excuse!</p>	<p>4 Set your life on fire seek those who fan your flame</p>  <p>-Rumi</p>	<p>5 EXERCISE NOT ONLY CHANGES YOUR BODY. IT CHANGES YOUR MIND YOUR ATTITUDE AND YOUR MOOD.</p> 	<p>6 "THERE IS NO ELEVATOR TO SUCCESS. YOU HAVE TO TAKE THE STAIRS."</p>  <p>- Zig Ziglar</p>	<p>7 On this day in 1430, 25 year old Joan of Arc led attacks that broke the siege of Orléans</p>  <p>What are you going to do with your day?</p>
<p>8 YOUR CHILD WILL FOLLOW YOUR EXAMPLE, NOT YOUR ADVICE.</p> 	<p>9 The Strength of the Nation—The Army Family Community</p>  <p>IN THE ARMY FAMILY, YOU ARE NEVER ALONE.</p>	<p>10 COMPREHENSIVE SOLDIER & FAMILY FITNESS</p>  <p>Parents can access U.S.A. FIT and Family to create a personalized plan, track progress, and learn more.</p>	<p>11 Total Army Family</p>  <p>Get fit together & stay fit!</p>	<p>12 NETFLIX AND MOVE!</p>  <p>Get up and move while binging on your fav show!</p>	<p>13 The best way to find yourself is to lose yourself in the service to others</p>  <p>-Ghandi</p>	<p>14 On May 14th, 1904 Lewis and Clark set out to</p>  <p>Get their Steps in</p>
<p>15 Real Food doesn't HAVE Ingredients. Real Food IS Ingredients</p>  <p>~ Jamie Oliver</p>	<p>16 You are what others eat! Let's be part of the herd!</p>  <p>Choose healthy food & your friends will follow you.</p>	<p>17 According to serving sizes, I'm a family of four.</p> 	<p>18 A LEADER IS SOMEONE WHO DEMONSTRATES WHAT'S POSSIBLE.</p> 	<p>19 CHOOSE HEALTHY FOOD INSTEAD OF JUNK FOOD TO SATISFY YOUR HUNGER</p>  <p>TRAIN YOUR BRAIN TO CRAVE HEALTHY FOOD</p>	<p>20 "if it is important to you you will find a way</p>  <p>If not, You will find an excuse."</p>	<p>21 Saturday's To Do list-</p>  <ol style="list-style-type: none"> 1. Go to farmer's market 2. Plan meals for the week 3. Prep ingredients 4. Eat healthy ALL WEEK!
<p>22 "To change bad habits, we must study the habits of successful role models."</p>  <p>Jack Canfield</p>	<p>23 I Hang with FIT people</p>  <p>BE a FIT person!</p>	<p>24 GET OUT!</p>  <p>Find a trail near you on the FOOTPATH app</p>	<p>25 Hey workout buddy..</p>  <p>How come you always have to lift 3 more pounds than me?</p>	<p>26 YOU CAN DO MUCH MORE</p> 	<p>27 SUCCESS is the SUM of SMALL efforts, Repeated DAY IN AND DAY OUT</p> 	<p>28 HAPPY MOTHER'S DAY!</p>  <p>SET A POSITIVE EXAMPLE POSITIVITY IS CONTAGIOUS!</p>
<p>29 IF YOU LOVE SOMEONE LET THEM SLEEP</p> 	<p>30 6 in 10 Americans Crave SLEEP Over SEX</p>  <p>Don't be a statistic</p>	<p>31 SleepyTime App</p>  <p>designed to help you wake up in-between sleep cycles</p>	<p>1</p>	<p>2</p>	<p>3</p>	<p>4</p>