

SLEEP

Sleep is critical in achieving optimal physical, mental, and emotional health, however, the demands of one's job often make it difficult to get sufficient sleep. In training and on the battlefield, inadequate sleep impairs many abilities that are essential to the mission, such as detecting and appropriately determining threat levels and coordinating squad tactics. Getting optimal sleep starts with learning and practicing good sleep habits before, during, and after deployment. There are many ways in which Leaders and Soldiers can eliminate sleep distractors and practice proper sleep hygiene to ensure that optimal, healthy sleep is achieved. For more information go to:

<http://phc.amedd.army.mil/topics/healthyliving/sleep/Pages/default.aspx>

At BJACH Contact:

Behavioral Health Department:
(337) 531-3922

TECHNOLOGY

Technology is also an important tool in helping the Army Family succeed in engaging in Activity, improving their Nutrition, and getting quality Sleep. Because technology has become an integral part of our everyday lives there are several interactive tools that can help everyone achieve a healthier wellbeing through Activity, Nutrition, and Sleep. The following are online resources available to Soldiers, retirees, and their families to set goals, track their progress, and challenge others to make better choices in their Lifespace (*everyday life or environment*):

ArmyFit™: A tech resource provided by the Comprehensive Soldier and Family Fitness program.

<https://www.armyfit.army.mil> or
<https://armyfit.army.mil>

Army H.E.A.L.T.H.: A web and Smartphone app that helps promote performance nutrition and exercise .

To register for Army H.E.A.L.T.H. go to armyhealth.pbrc.edu and enter code: *health*

Other Resources:

Army Medicine: <http://armymedicine.mil>

USDA's MyPlate Super Tracker

<http://supertracker.usda.gov>

Comprehensive Soldier & Family Fitness:

<http://csf2.army.mil>

Tricare:

<http://tricare.mil/mtf/>

BJACH

**ARMY
PERFORMANCE
TRIAD
INITIATIVE**

Bayne-Jones Army Community
Hospital
Fort Polk, LA 71459

WHAT IS THE PERFORMANCE TRIAD ?

The Performance Triad is a comprehensive plan to improve readiness and increase resilience through public health initiatives and leadership engagement. The Triad is the foundation for Army Medicine's transformation to a *System For Health*, a partnership among Soldiers, Families, Leaders, Health Teams and Communities to promote Readiness, Resilience and Responsibility. The System For Health: MAINTAINS health through fitness and illness/injury prevention, RESTORES health through patient-centered care, and IMPROVES health through informed choices in the Lifespace.

The focus of the Performance Triad is on *Activity*, *Nutrition*, and *Sleep* - key actions that influence health in the "Lifespace" of time that isn't spent with a healthcare provider. As a result, the biggest impact on Health is made by making better choices in our Lifespace.

Key Messages of the Performance Triad:

Engage in Activity

Improve Nutrition

Get Quality Sleep

ACTIVITY

Physical Fitness and Activity are crucial to ensuring our Soldiers perform as elite athletes. Practicing principles of safe and effective training are vital to maintaining physical readiness, preventing injuries, and improving general health. The Triad informs Soldiers and Leaders on how to practice safe running, use proper resistance training techniques, prevent overtraining, and increase daily physical activity among other key topics. For more information go to Army Public Health Command:

<http://phc.amedd.army.mil/topics/healthyliving/al/Pages/default.aspx>

At Fort Polk contact:

**Wheelock Fitness Center:
337-531-6795**

**Cantrell Fitness Center:
337-531-1935**

NUTRITION

Eating or fueling for performance enables top level training, increases energy and endurance, shortens recovery time between activities, improves focus and concentration, and helps Leaders and Soldiers look and feel better. For Soldiers it is especially imperative to build an eating strategy that will complement the requirements of their mission. The Triad's guidance on nutrition for performance teaches Soldiers about the key nutrients needed to complete mission tasks, describes refueling techniques, and details strategies for creating a nutrition plan. For More information go to Army Public Health Command:

<http://phc.amedd.army.mil/topics/healthyliving/n/Pages/NutritionStrategyandTiming.aspx>

At BJACH contact:

Your Provider for Weight

Management:

337-531-3011

**Nutrition Care Division for Army
Move:**

337-531-3129

Health Promotion Program for Family Member/Retiree Weight

Management:

337-531-3255