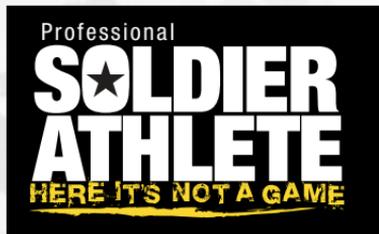


THE PERFORMANCE TRIAD CHALLENGE



Sleep, Activity, and Nutrition



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Sleep, Activity, and Nutrition

modules

Professional Soldier Athlete

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	Domain		Nutrition
	General		Sleep
	Goal setting		Activity

OPTIMIZING

THE PROFESSIONAL SOLDIER ATHLETE

SOLDIERS are the most sophisticated and complex Army weapon system. As members of the Profession of Arms, Soldiers must be ready to defend our nation with optimal performance. Soldiers must be ready physically, cognitively and emotionally. Soldiers, like professional athletes, must perform at very high levels every day. For Soldiers, more is on the line than winning or losing a game. The safety and security of an entire nation is at stake.

 Status as a Professional Soldier Athlete is achieved through a combination of physical, emotional, and cognitive prowess, optimal performance during sustained operations, the establishment of a strong and healthy social, family and spiritual support network, and maintenance of all of these areas for sustained Soldier readiness and resilience. The Performance Triad provides Soldiers with the tools and knowledge to achieve high levels of performance as a Professional Soldier Athlete.



Performance Triad



THE **PROFESSIONAL SOLDIER ATHLETE** IS A STRONG, FIT, FIGHTING MACHINE ABLE TO PHYSICALLY DOMINATE THE ENEMY
HERE IT'S NOT A GAME



PHYSICAL DOMINANCE

THE PROFESSIONAL SOLDIER ATHLETE IS A STRONG, FIT, FIGHTING MACHINE ABLE TO PHYSICALLY DOMINATE THE ENEMY. HEALTHY SLEEP, ACTIVITY, AND NUTRITION COMBINE TO OPTIMIZE SOLDIERS' PHYSICAL ABILITIES AND STRENGTH.



COGNITIVE DOMINANCE

THE PROFESSIONAL SOLDIER ATHLETE MUST OUTTHINK, OUTSMART, AND BE MORE EFFICIENT THAN THE ENEMY. HEALTHY SLEEP, ACTIVITY, AND NUTRITION COMBINE TO OPTIMIZE SOLDIERS' COGNITIVE AND DECISION-MAKING ABILITIES.



EMOTIONAL DOMINANCE

THE PROFESSIONAL SOLDIER ATHLETE IS A RESILIENT FORCE ABLE TO KEEP IT TOGETHER DURING ANY SITUATION. HEALTHY SLEEP, ACTIVITY, AND NUTRITION COMBINE TO OPTIMIZE SOLDIERS' EMOTIONAL STRENGTH AND RESILIENCE.



SUSTAINED OPERATIONS

THE PROFESSIONAL SOLDIER ATHLETE HAS TO APPLY ELITE HEALTHY LIFESTYLE SKILLS DURING SUSTAINED OPERATIONS. DOING SO WILL BEST PREPARE THEM FOR AND SUSTAIN THEM DURING THE MISSIONS AND CHALLENGES THEY FACE.



SOCIAL, FAMILY, SPIRITUAL SUCCESS

THE PROFESSIONAL SOLDIER ATHLETE IS A STRONG ROLE MODEL FOR FAMILY, FRIENDS, AND COMMUNITY MEMBERS. ENGAGING OTHERS IN A HEALTHY LIFESTYLE NOT ONLY SUPPORTS SOLDIERS' HEALTH, BUT THE HEALTH OF THOSE AROUND THEM.



OPORD FOR LIFE

ONCE A SOLDIER, ALWAYS A SOLDIER. IT'S IMPORTANT TO MAINTAIN HEALTHY SLEEP, ACTIVITY, AND NUTRITION HABITS FOR LIFE.

STATUS AS A PROFESSIONAL SOLDIER ATHLETE IS ACHIEVED THROUGH A COMBINATION OF PHYSICAL, EMOTIONAL, AND COGNITIVE PROWESS, OPTIMAL PERFORMANCE DURING SUSTAINED OPERATIONS, THE ESTABLISHMENT OF A STRONG AND HEALTHY SOCIAL, FAMILY AND SPIRITUAL SUPPORT NETWORK, AND MAINTENANCE OF ALL OF THESE AREAS FOR SUSTAINED SOLDIER READINESS AND RESILIENCE.

PROFESSIONAL SOLDIER ATHLETE



chapter contents

Module 1: Being a Professional Soldier Athlete

Module 2: Performance Triad

THE
PROFESSIONAL SOLDIER ATHLETE
HERE IT'S **NOT A GAME**



Being a Professional Soldier Athlete

DID YOU KNOW?

- As a member of the U.S. military, you are part of a very elite group—less than 1% of the U.S. population earns the privilege of military service.
- Being an American Soldier brings many tough physical, emotional and cognitive demands that most people cannot endure. Soldiers thrive in these conditions.
- Your extraordinary ability to master these demands clearly defines you as a **Professional Soldier Athlete**.

THE SOLDIER'S CREED

I am an American Soldier.

I am a warrior and a member of a team.

I serve the people of the United States, and live the Army Values.

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.

I am disciplined, physically and mentally tough, trained and proficient in my warrior tasks and drills.

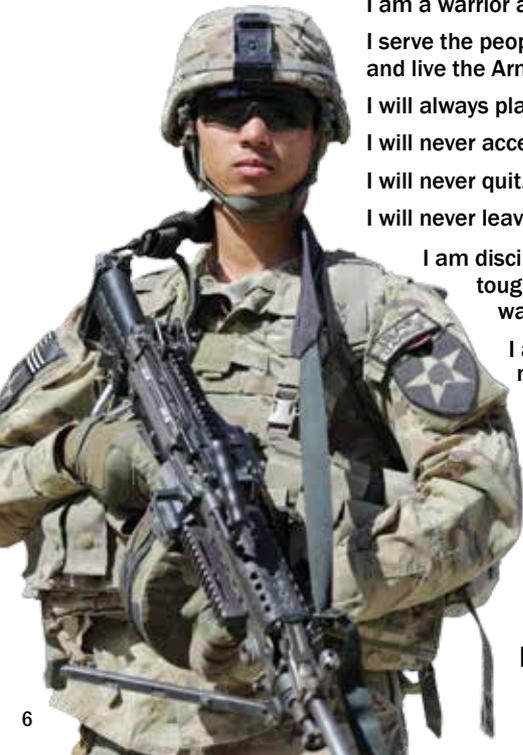
I always maintain my arms, my equipment and myself.

I am an expert and I am a professional.

I stand ready to deploy, engage, and destroy the enemies of the United States of America in close combat.

I am a guardian of freedom and the American way of life.

I am an American Soldier.

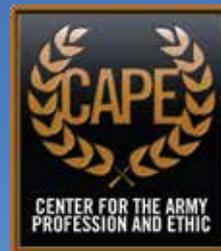


What exactly is a Professional Soldier Athlete?

A **PROFESSION** is a calling that requires intensive preparation, specialized education and continuous learning and development of skills.

The Soldier's Creed provides the perfect description of the **profession of arms** to which you belong. As a member of the profession, you vow to:

- Be disciplined
- Be physically and mentally tough
- Be trained and proficient
- Always maintain your arms, equipment and yourself



A **SOLDIER** requires no definition.

An **ATHLETE** is someone who is trained or skilled in events that require physical, mental, and emotional strength, agility, and endurance to be Army Strong.



So... being a **PROFESSIONAL SOLDIER ATHLETE**, requires you to make the same effort to constantly improve yourself and your game—just as professional athletes do.

The **PERFORMANCE TRIAD** can help you improve as a Professional **SOLDIER ATHLETE**



Using the Performance Triad's scientifically-proven principles of sleep, activity and nutrition to target changes in your daily routine will help you become stronger, faster, leaner and mentally sharper.

Small changes to your daily routine can make a big difference

Module 1: Leader's Guide



Learning Objectives:

- 1) Understand and discuss what it means to be a Professional Soldier Athlete.
- 2) Identify areas where you can improve to become a better Professional Soldier Athlete.

PREPARE:

- Review the Professional Soldier Athlete module.
- Review the module Resources.

OPTIONS FOR GROUP DISCUSSIONS:

- Review the module with your team.
- Discuss what it means to be a member of the “profession of arms” and the responsibilities that come with being a Professional Soldier Athlete.
- Discuss the similarities and differences between a Soldier and an athlete.

PRACTICAL EXERCISE OPTIONS:

- Share with your Soldiers one area where you want to improve as a Professional Soldier Athlete.
- Have Soldiers talk about and identify areas where they want to improve their performance as a Professional Soldier Athlete.

AAR:

Discuss what a Professional Soldier Athlete is.

- What examples did you use in describing a Professional Soldier Athlete?
- How did it make your Soldiers feel?
- What, if any, barriers are there?

resources

Read This!

- CJCS White Paper: America's Military — A Profession of Arms: http://bit.ly/ProfArms_Paper
- Profession of Arms - Military Review Special Edition 2011: http://bit.ly/POA_Mil_Review

Watch This!

- The Profession of Arms Official Video: http://bit.ly/POA_Video

Explore This!

- Center for the Army Profession and Ethic Website: <http://cape.army.mil/>

Download This!

- Performance Triad App



The Profession of Arms

The Army is an American Profession of Arms, a vocation comprised of experts certified in the ethical application of land combat power, serving under civilian authority, entrusted to defend the Constitution and the rights and interests of the American people.

The Professional Soldier

An American Professional Soldier is an expert, a volunteer certified in the Profession of Arms, bonded with comrades in a shared identity and culture of sacrifice and service to the nation and the Constitution, who adheres to the highest ethical standards and is a steward of the future of the Army profession.



Performance Triad

As a member of the Profession of Arms you are expected to be ready to defend our nation. The Performance Triad is all about YOU, your mission, and your readiness. It outlines how Sleep, Activity, and Nutrition can improve your physical, mental, and cognitive dominance.

While each component of the Performance Triad is important, your performance is optimized when you focus on all three areas together.

The need to optimize human performance is even more important in the future as we push towards the squad as the foundation of the decisive force. You will be operating in more physically demanding environments, where physical, mental, or cognitive overmatch can serve as a single point of failure or success for military missions.

OPTIMIZE YOUR PERFORMANCE:



SLEEP—your secret weapon



ACTIVITY—stronger, faster, fitter



NUTRITION—the right fuel at the right time

“We must also begin to view health as more than simply healthcare, and transition the Army to an entire system for health that emphasizes the performance triad—sleep, activity and nutrition—as the foundation of a ready and resilient force.”

— The Army Posture Statement
25 March 2014

SLEEP—your secret weapon

POOR SLEEP



DID YOU KNOW?

SLEEP

- More sleep leads to quicker reaction times, improvements in decision making and better targeting (9% improvement in free-throw and 3-point shooting accuracy).

- Fewer than 4 hours of sleep increases the chance of feeling depressed and linked with making poor choices.
- Poor sleep and sleep loss can lead to accidents and injuries on the job.

ACTIVITY

- After 4 days of poor sleep, your max bench press decreases by 20 lbs.
- Sleep loss can lead to laziness, less stamina, and binge drinking.

NUTRITION

- Good sleep is linked with greater weight loss.
- Poor sleep is linked with eating more desserts and sweets.

HEALTH

- Poor sleep is linked with increased mental distress, obesity, heart disease, high blood pressure, asthma, stroke and arthritis.



ACTIVITY—Stronger, Faster, Fitter

SUBOPTIMAL ACTIVITY



DID YOU KNOW?

SLEEP

- Routine physical activity is linked with improved sleep.
- Watching too much television and excessive computer use is linked with poor sleep.

ACTIVITY

- Inactivity, smoking, being overweight and a history of injury decrease Soldier performance by ~10%.
- Regular physical activity helps improve depression and anxiety. It can be as effective as medications for some people.

NUTRITION

- Physical inactivity is linked to eating fewer fruits and vegetables, drinking more sodas, and eating unhealthy snacks.
- A small amount of caffeine can improve short-term muscular strength and make exercise seem less strenuous.

HEALTH

- Sitting more than 10 hours per day results in a 34% higher chance of dying. This is true even if you exercise regularly.

NUTRITION—Right Fuel at the Right Time

SUBOPTIMAL NUTRITION



DID YOU KNOW?

SLEEP

- Poor nutrition and obesity are linked with poor sleep quality.
- Caffeine within 6 hours of bedtime can impair sleep.

ACTIVITY

- Optimal nutrition improves performance and exercise recovery.
- Carbohydrates and proteins replace energy stores and help muscles heal.

NUTRITION

- Eating healthy foods lowers the chance of depression.
- Unhealthy, processed foods are linked with increased rates of depression and anxiety.

HEALTH

- Being overweight has been related to increases in musculo-skeletal injury, illness and healthcare costs versus those with normal weight in the military.



Performance Triad

7 TARGETS: FIND YOUR WEAKEST LINK

There are 7 main Performance Triad targets. Take a moment to check how you are doing on these targets on the next page.

Pick one area **YOU** can target to help improve your performance.



AZIMUTH CHECK!

- 1) How much sleep do I get a night? ____ hours
- 2) How many steps do I get a day? _____ steps (1 mile = 2,000 steps)
- 3) How many servings of fruits and vegetables do I get in a day? ____ servings
- 4) Do I typically eat or drink something with caffeine in it within 6 hours of bedtime? ____ (Yes/No)
- 5) How many days of resistance (strength) training do I include each week? (____ days) Do I include agility training? _____ (yes/no)
- 6) How many minutes of moderate intensity exercise (____ min) and vigorous intensity exercise (____ min) do I perform in a week?
- 7) After strenuous exercise, when do I re-fuel? ____ minutes after exercise



MY TARGET FOR IMPROVEMENTS: # _____



Learning Objectives:

- 1) Review and share the Performance Triad Guidebook.
- 2) Identify your target area for improvement.

PREPARE:

- Review the module and available resources.
- Review the Professional Soldier Athlete Module.

OPTIONS FOR GROUP DISCUSSION:

- Review the module with your team.
- Discuss and share how decrements in one area can lead to performance issues.
- Review and discuss the Performance Triad Targets and areas for improvement.

PRACTICAL EXERCISE OPTIONS:

- Help Soldiers talk about and commit to one area of improvement.
- Have Soldiers write it down in their book.
- Have Soldiers monitor their performance target over time.

AAR:

Discuss with Soldiers what the Performance Triad means to them.

- How does this relate to being ready to fight?
- Who wants to be the point of failure in the mission?
- How can we implement these modules?

Introduction to the Guide

This guide is easy to use and is designed for Soldiers, leaders, small groups, squads and units. When counseling on readiness, it's a great one-on-one tool. These are perfect to review during the recovery phase at the end of physical training or in between training events.

7 Domains and 24 modules

The Performance Triad optimizes Soldier performance and readiness through encouraging health and fitness through proper Sleep, Activity, and Nutrition.

Modules

It only takes about 10–15 minutes to review a complete module and the investment will pay large dividends toward individual Soldier and unit readiness. Each module addresses a specific topic related to Goal Setting, Sleep, Activity or Nutrition and note the “Targets” in each. These assist with goal setting and range from *Marksman*, *Sharpshooter* and *Expert*.

Leader's Page

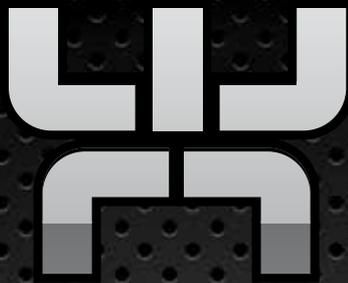
Tools in this section help you coach, mentor, and teach the module. It will help you prepare, provide options for group discussion and practical exercises, as well as tips on how to reinforce the message.

Resources

- Each module has a resource page to help the Soldier dig deeper and learn more about the information covered.
- Resource include links to websites, videos, and articles.

**THE PROFESSIONAL SOLDIER ATHLETE IS A STRONG, FIT,
FIGHTING MACHINE ABLE TO PHYSICALLY DOMINATE THE ENEMY.
HEALTHY SLEEP, ACTIVITY, AND NUTRITION COMBINE TO
OPTIMIZE SOLDIERS' PHYSICAL ABILITIES AND STRENGTH.**

PHYSICAL DOMINANCE



chapter contents

Module 3: Goal Setting (SMART Goals)

Module 4: Build Strength and Toughness

Module 5a: Fueling for Performance

Module 5b: Dietary Supplements

Module 6: Sleep like the Pros

THE
PROFESSIONAL SOLDIER ATHLETE
HERE IT'S **NOT A GAME**

Be S.M.A.R.T. about setting goals

The ability to manage goals in your day-to-day life is critical not only to you and your family, but also to the overall success of your unit. Personal and unit performance are built around developing and achieving goals.

The goal setting process begins by defining a goal that is personally meaningful and then developing the tangible steps to create a well-documented path to success. This goes well beyond traditional list-making, becoming instead, a personal action plan and involving a great level of commitment from the individual.

DID YOU KNOW?

- The more specific and harder (but attainable) goals you set lead to higher achievement than easy goals.
- If you write down your goals, share it with a friend and give weekly updates you are likely to complete your goals 75% of the time.
- Getting regular feedback enhances goal achievement.

Use the SMART acronym to help you develop goals that will help you cross the finish line!



Specific: Point out with clarity and detail exactly WHAT it is that you would like to achieve. The more detail, the better the results.

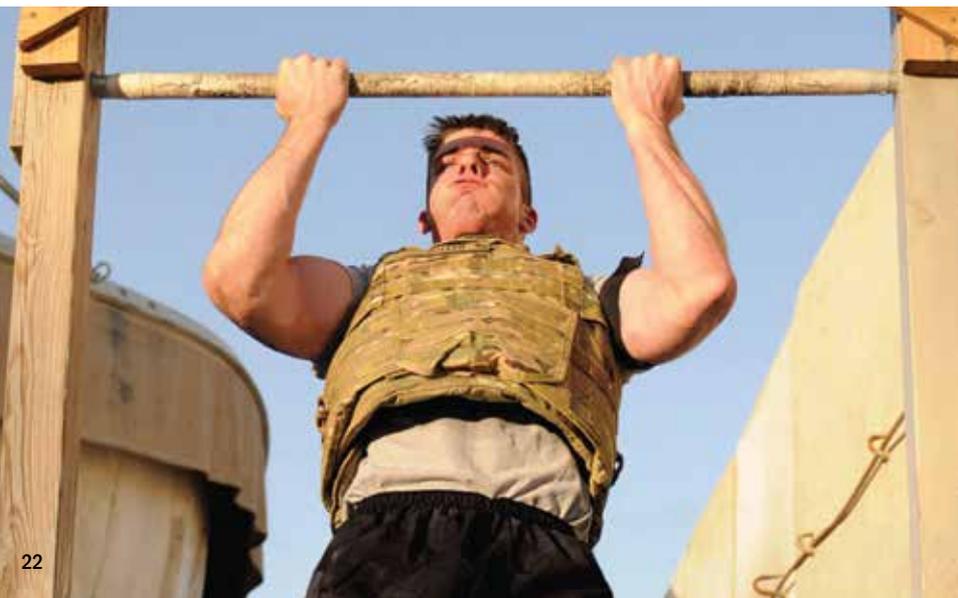
Measurable: Spend time developing criteria and tools that you will use to measure your progress towards the attainment of your goals.

Attainable: Identify goals that you have the skills and abilities to achieve. (For example, a goal to lift 1000 pounds is unattainable).

Realistic: Given your time, money, resources and level of skill, you will be able to achieve these goals successfully. Be realistic, but always aim high.

Time-bound: Set a deadline for the achievement of your goals and objectives using a reasonable timeline.

Be S.M.A.R.T.!



Module 3: Leader's Guide



Learning Objectives:

- 1) Learn the SMART method of setting goals.
- 2) Develop a SMART goal in one Performance Triad target area.

PREPARE:

- Review the module and resources.
- Review the 7 Performance Triad Targets (Module 2).
- Consider talking to your Master Resilience Trainer (MRT) about strategies for goal setting.

OPTIONS FOR GROUP DISCUSSION:

- Review the module with your team.
- Review the video about SMART Goal Setting at: <http://bit.ly/makeSMARTgoals>
- Consider showing your squad this video about a baby with a goal: <http://bit.ly/babygoal>

PRACTICAL EXERCISE OPTIONS:

- Have Soldiers pick one health behavior from the Performance Triad target areas for improvement.
- Help Soldiers make a goal that is SMART— S-Specific, M-Measurable, A-Attainable, R-Realistic, T-Time-bound
- Discuss some of the Soldiers' goals—are they SMART?
- Have Soldiers commit to a goal and monitor their performance.
- Meet with each Soldier for individual counseling about their plan.

AAR:

Discuss with Soldiers what makes a goal a SMART goal.

- What are the pros and cons?
- What did they do differently?
- How are they feeling?
- What, if any, barriers are there?

resources

Read This!

- ArmyFit Tip Card: <http://bit.ly/ArmyfitCard>

Watch This!

- Making S.M.A.R.T. Goals Video: <http://bit.ly/makeSMARTgoals>



Explore This!

- <http://Armyfit.army.mil> Search "Goal Setting"
- Strategies for Goal Setting: <http://bit.ly/goalsettingstrategies>
- Goal Setting-forget the hype, what does the research say? <http://bit.ly/goalsettingresearch>

notes



Build Strength and Toughness

As a Professional Soldier Athlete, you need to be strong. Performing Soldier tasks, carrying equipment, loading and unloading vehicles, and performing combatives all require great physical strength.

DON'T QUIT

Did you know that strength improvements during the first 6 weeks of a strength program only build the nerve connections to your muscles?

To actually build muscle tissue, you have to stick with a program for 6 weeks and longer!

CARRY THE LOAD

Strength training improves your ability to carry loads or wear body armor by up to 30%! This should motivate every Soldier to do strength training so they can carry their own load!

BUILD TOUGHNESS

Regular strength training can reduce your risk of injury by up to 50% in some studies.

Strength training builds resilience in your bones, muscles, tendons, and ligaments. This is critical to performing in all types of training and operational environments.

CHALLENGE YOURSELF

Your body will only adapt to what you ask it to do—so if you don't advance your program in sets, reps, and weight you will not improve your strength!



A PROFESSIONION OF STRENGTH

Strength training is a fundamental part of your physical fitness as a Soldier. Perform strength training 2–3 times per week using all 7 major muscle groups to develop the strength you need.

Essential Seven for Strength

Try the exercises listed to build functional strength as a Professional Soldier Athlete.

1 PUSH

Pushups

Bench Press



PULL 2

Rowing

Carrying

3 VERTICAL PUSH

Military Press

Overhead Press





4 VERTICAL PULL

**Chin-Up, Pull-Up
Straight Arm Pull**



SQUATTING 5

**Squats – Step Ups
Leg Press**



6 LUNGING

**Lunges
Deadlifts**

**CORE/
ABDOMINALS 7**

**Quadraplex, Swimmers
V-ups, Leg Tucks**



TARGETS



Expert: Perform a balanced resistance training program 2–3 days per week for 90 days. Use the Essential Seven as your base.



Sharpshooter: Pick one strength exercise to track your progress on this month.



Marksman: Improve your weakest APFT event with strength training.

Test Your Strength

Plan

- 1) Check out the basics of testing your strength and finding a “1 Repetition-Maximum” at the HPRC website. bit.ly/1RepMaxHPRC
- 2) Test your strength on an exercise related to the APFT, a Soldier task, or one of the Essential Seven.

Execute

- 1) Follow your strength program for at least two months, including your new strength exercise in your workouts and progressing it as needed.
- 2) Remember to use an appropriate warm-up and follow any safety protocols (like using a spotter).

Evaluate

- 1) Retest your “1 Repetition Maximum” for that movement each month.
- 2) What did you learn from targeting this exercise in your program? How can you apply this to other exercises?



Module 4: Leader's Guide



Learning Objectives:

- 1) Explain why resistance training is important for a Soldier.
- 2) Describe the Essential Seven exercises of a varied total body resistance training workout.

PREPARE:

- Review the module and resources.
- Be prepared to help Soldiers select targeted strength exercises to assist with their APFT or with Warrior tasks and Battle Drills they want to improve.

OPTIONS FOR GROUP DISCUSSIONS:

- Review the module with your team.
- Discuss how to select target exercise and progress the weight/sets/reps.
- Use the Essential Seven to create sample programs.

PRACTICAL EXERCISE OPTIONS:

- Discuss the benefits of strength training for Soldiers.
- Have Soldiers discuss the importance of strength to Warrior Tasks and Battle Drills.
- Review the tools for monitoring and progressing strength training programs.
- Discuss matching strength exercises to APFT events or other goals. Use the Essential Seven.

AAR:

Discuss with Soldiers the Essential Seven for strength training and their strength testing experience.

- What were the pros and cons?
- What did they do differently?
- How did they feel?
- What, if any, barriers were there?

resources

Read This!

- Strength Drills from FM7-22, Chapters 6 and 9

Use This!

- 'Get Fit, Not Injured!' Poster:
<https://usaphcapps.amedd.army.mil/HIOShoppingCart/viewItem.aspx?id=578>

Watch This!

- Human Performance Resource Center:
<http://hprc-online.org/physical-fitness/tools-apps-videos/videos>

Explore This!

- HPRC Exercise Resources:
<http://bit.ly/HPRC-Exercise>



notes



Fueling for Performance

Proper fueling is all about getting the right nutrients at the right time to maximize your training results. Nutrient timing before, during, and after workouts helps you perform at your best and makes a difference in how prepared you will be for your next mission.



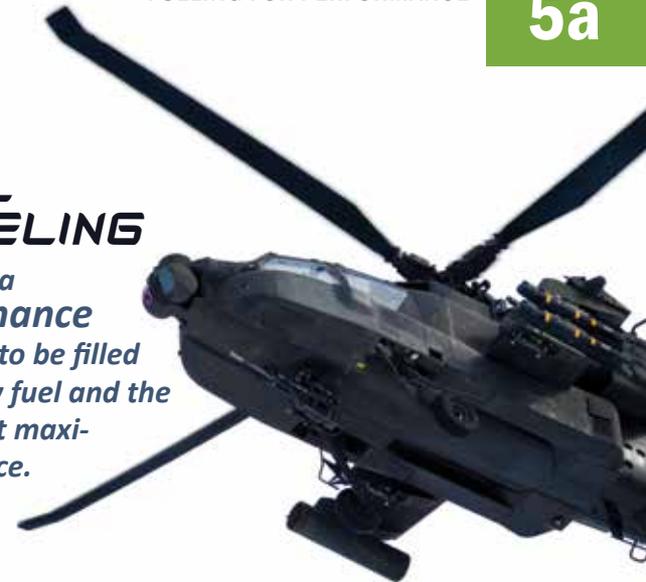
DID YOU KNOW?

- Fueling before you exercise protects muscle tissue and increases energy levels during physical training. Research has shown that fueling before training improves overall performance by 25–50%.
- Being dehydrated can decrease performance by almost 30%. Hydrating before, during and after your workout can guarantee a great training session and will keep you from falling out.
- By fueling immediately after exercise, you can increase your muscles' energy stores and improve recovery by 50%.
- Eating fruits and vegetables can help with fluid replacement. Foods such as watermelon, grapes, celery and cucumbers are great for rehydration!



OPTIMAL FUELING

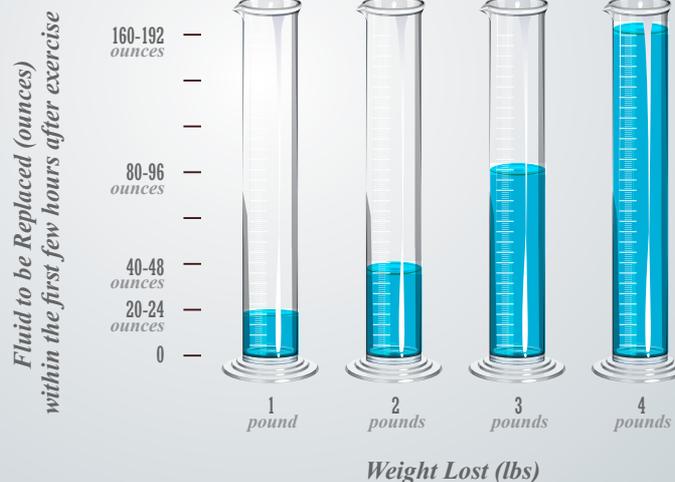
Your body is like a high performance vehicle. It needs to be filled with high quality fuel and the right fluids to get maximum performance.



In order to fully rehydrate after exercise and replace fluids lost:

- 1) Weigh yourself before and after exercise.
- 2) Calculate body weight lost in lbs.
- 3) Drink (or eat fruit) to replace fluid losses. Check out the Fluid Replacement Guidelines below.

Fluid Replacement Guidelines





Start strong, stay strong, finish strong!

Plan your meals like you plan your workouts! Strategies for eating and hydrating before, during, and after physical training are essential.



Top off fluids and put fuel in your tank before you go!

Eating a small meal or snack and being well-hydrated before physical training:

- ▶ Maximizes performance
- ▶ Protects muscle tissue
- ▶ Increases endurance
- ▶ Helps control appetite



Replenish fluids and refill as needed.



FLUIDS + FUEL

Staying well-hydrated during exercise:

- ▶ Maximizes performance
- ▶ Reduces the risk for injury
- ▶ Maintains energy levels

For training sessions lasting more than 60 minutes, refueling with 10–20 grams of carbohydrates every 20–30 minutes:

- ▶ Sustains performance
- ▶ Protects muscle tissue
- ▶ Improves recovery



Finish by refilling your tank and fluids.

The best way to end a workout and prepare for the next is to replace fluid loss and fuel shortly after training. Refueling with a 4:1 ratio of carbohydrates to protein and replacing fluid loss 30–60 minutes after exercise:

- ▶ Protects muscle tissue
- ▶ Improves energy levels after training
- ▶ Controls appetite

TARGETS



Expert: Weigh yourself before and after your workout sessions this week to determine your fluid needs.



Sharpshooter: Recover right! Refuel 30–60 minutes after strenuous exercise sessions this week.



Marksman: Eat a **power** snack before strenuous exercise sessions this week.

Your optimal **power** snack choice will depend on how soon you will be training.

START STRONG
POWER SNACK



WHEN FUELING 2–4 HOURS BEFORE EXERCISE, TRY:
peanut butter and jelly sandwich + low-fat milk + water
deli sandwich + orange + water
pasta, chicken + small salad + water
yogurt, low-fat granola + berries + water



WHEN FUELING 1–2 HOURS BEFORE EXERCISE, TRY:
peanut butter and banana + water
yogurt and berries + water
½ turkey sandwich and apple + water
granola bar + low-fat milk + water



WHEN FUELING LESS THAN 1 HOUR BEFORE EXERCISE, TRY:
banana, yogurt
16 oz. sports drink
small granola bar + water

Always stay hydrated during your training sessions and fuel during longer training sessions.

STAY STRONG



WHEN TRAINING LESS THAN 1 HOUR, TRY:
water

WHEN TRAINING MORE THAN 1 HOUR, TRY:
banana + water
energy gel + water
12 oz. sports drink + water

Recovery starts immediately after you finish training. Recover right by drinking fluids immediately after training, followed by a meal or snack and additional fluids within 30–60 minutes.

FINISH STRONG



FOR RECOVERY SNACKS TRY:
hard boiled egg + banana + 12 oz. sports drink
12 oz. chocolate milk (dairy or soy)
graham crackers + banana + yogurt + water

FOR RECOVERY MEALS TRY:
oatmeal + banana + hard boiled egg + low-fat milk + water
rice or pasta + fish + orange + steamed vegetables + water
whole grain turkey sub w/vegetables + grapes + water

Module 5a: Leader's Guide



Learning Objectives:

- 1) Explain why nutrient timing and refueling are important.
- 2) Describe appropriate fueling techniques (before, during, and after physical training).

PREPARE:

- Review the module and nutrition information.
- Review material under 'Read This!' Have some examples of refueling before, during and after training. Use a personal example for teaching.
- Hang poster listed under 'Use This!'

OPTIONS FOR GROUP DISCUSSIONS:

- Review the module with your team and provide Soldiers with the tip card.
- Discuss how to prepare for regular physical training.
- Discuss nutrient timing for an extended endurance activity.
- Discuss examples of foods/beverages to use after strenuous activity.
- Discuss the importance of staying hydrated before, during and after physical training.

PRACTICAL EXERCISE OPTIONS:

- Help Soldiers create a list of food/beverage (fuel) choices to use this week before, during and after physical activity and strenuous missions. Have them track how it helps improve their mental focus and physical performance.
- Have Soldiers weigh themselves before and after physical training. Help them calculate their fluid needs and develop fluid replacement strategies.
- Practice nutrient timing for physical training this week.
- Have Soldiers monitor their performance and adjust their plan to meet their performance needs and goals.

AAR:

Discuss with Soldiers the different fueling and hydration strategies used before, during, and after physical training.

- What were the pros and cons?
- What did they do differently?
- How did they feel?
- What, if any, barriers were there?

resources

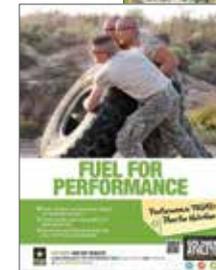
Read This!

- Nutrient Timing and Training Guide: <http://bit.ly/warfighternutrition>
- Eat Right and Get Results: Nutrition Tips for the Soldier Athlete Tip Card at: <http://bit.ly/nutritiontipcard>
- AR 40-25, "Nutrition and Menu Standards for Human Performance Optimization": <http://bit.ly/AR4025>



Use This!

- Fuel for Performance Poster: <http://bit.ly/fuelforperformance>



Watch This!

- Soldier Athlete Nutrition: <http://bit.ly/performance nutrition>

Explore This!

- Human Performance Resource Center—Nutrition: <http://bit.ly/HPRCNutrition>



Dietary Supplements

The Good, the Bad, and the Ugly

Dietary supplements are products you take that contain a “dietary ingredient” such as vitamins, minerals, amino acids, and herbs or botanicals. They come in many forms, including tablets, capsules, powders, energy bars, and liquids.

While certain dietary supplements can be beneficial for physical performance and health, it is important to know that dietary supplements are not regulated. This means that quality, safety and effectiveness are not guaranteed. Because of the quality control issues, it can be hard to make smart choices. By knowing about the potential problems linked to dietary supplements and how to choose supplements safely, you can avoid wasting your money and possibly risking your health.

DID YOU KNOW?

The Good

- Creatine monohydrate has been shown to make small boosts in warfighters’ upper body strength and their performance during repeated short bouts of high-intensity activity, such as sprinting and climbing.

- Supplementing with whey protein has been shown to improve upper body strength, lean mass, muscle recovery and body composition.
- Caffeine doses of up to 200 mg can increase cognitive performance; doses of 2–6 mg/kg body weight are associated with improved physical performance.

The Bad

- Many dietary supplements, especially those with “proprietary” blends, contain little to none or too much of the key ingredients. Many also contain ingredients not listed on the label.
- A majority of dietary supplements’ claims are not supported by research and are not proven to be effective.

The Ugly

- Nearly 25% of sports-focused dietary supplements, such as those intended for weight loss and bodybuilding, are contaminated with steroids and other illegal substances.
- Approximately 70% of U.S. supplement companies fail to meet the FDA’s manufacturing standards.
- Nearly 50,000 adverse events occur each year as a result of dietary supplement use. This includes heart problems, liver failure, and death.

Taking a Dietary Supplement?

Try food instead to maximize performance and save money!

<p>Weight Loss Supplements or Energy Boosters</p>	<p>Try these to lose weight and boost energy ▶</p> 	<p>▶ Water Whole Grains Fruits & Vegetables Green Tea</p>
<p>Bodybuilding Supplements</p>	<p>Try these to promote muscle growth ▶▶</p> 	<p>▶ Chicken Fatty Fish & other Seafood Eggs Beans Nuts & Seeds</p>
<p>Branched-Chain Amino Acids</p>	<p>Try these for a good source of BCAAs ▶▶</p> 	<p>▶ Cottage Cheese Fish & other Seafood Meat and Poultry Nut & Seeds Dried Whole Lentils</p>
<p>Whey or Casein Protein</p>	<p>Try these for a source of whey or casein ▶▶</p> 	<p>▶ Milk Cottage Cheese Ricotta Cheese Yogurt</p>

DID YOU KNOW?

These performance nutrition food choices also provide vitamins, minerals, antioxidants, and fiber.



MAXIMIZE YOUR PERFORMANCE by following a proper performance nutrition plan, exercising regularly and getting quality sleep. Dietary supplements are not magic bullets—they can't make up for poor food choices.

It is ALWAYS better to choose food first because supplements:

- are not tested or approved by the FDA prior to market
- are often unnecessary
- can be dangerous
- don't taste as good or satisfy your body

WARNING! The most commonly tainted dietary supplements are those intended for:

- Bodybuilding
- Weight Loss
- Sexual Enhancement

If you decide to take a dietary supplement, be smart! Use Operation Supplement Safety (OPSS) for more information. Before taking a supplement, ask yourself:

- What's in it?
- Does it work?
- Is it safe?
- Do I really need it?

Choose your supplement wisely. When shopping for a particular dietary supplement, look for evidence of third party testing on the label. This ensures:

- What is on the label is inside the bottle—and nothing more
- Quality manufacturing practices
- Check out NSF Certified for Sport for more information: <http://www.nsf sport.com>

When using a dietary supplement, remember to:

- Take no more than the recommended serving size—more is NOT better!
- Stay hydrated! Taking certain dietary supplements increases the risk for dehydration.

For more information, click here: <http://bit.ly/hprcdietarysupplements>

Do not let adverse events from dietary supplement use go unreported!

- Use the Natural Medicines Watch (current method of choice by the DoD)
 - 1) Go to Natural Medicines Comprehensive Database: <http://bit.ly/naturalmedicinedatabase>
 - 2) Click on the Natural Medicines Watch icon
 - 3) Complete the electronic form



Don't waste your money or risk your health! Follow these simple steps to evaluate dietary supplements:

A) Make a list of all the dietary supplements you use or are thinking about using and how much they cost.

B) Examine each label and answer "yes" or "no" to the following questions:

- 1) Is it 3rd-party certified/verified? 
- 2) Does it contain five ingredients or less?
- 3) Any ingredients listed as "blends," "proprietary blends," or "delivery systems" on the label?
- 4) Can you pronounce the names of all the ingredients?
- 5) Is the total amount of caffeine indicated? Is the amount no more than 200 mg/serving/day?
- 6) Is there NO promise of a "quick fix"?
- 7) All ingredients with a "daily value" (DV) established and DV nutrients no more than 200% (except fish oil and glucosamine)?

Time to Evaluate!

Add up the "yes" answers. If the total is more than 4, the supplement is okay; if the total is less than four, the supplement is a "no go" or recommend getting more information or seeking advice from a healthcare professional.

Need additional help deciding whether taking a supplement is worth it? Check out the DoD Supplement Classification System at: <http://bit.ly/dietarysupplementclass>

		Safety			
		< Minimal Concern	Low Concern	Moderate Concern	High Concern
Benefit	High Potential	1	2	7	9
	Moderate Potential	3	4	8	10
	Low Potential	5	6	11	12

Module 5b: Leader's Guide



Learning Objectives:

- 1) Describe how to ensure supplements are safe to take.
- 2) Discuss why supplements may not be the best choice for performance.

PREPARE:

- Review the module and dietary supplement information.
- Review material under 'Read This!'
- Hang poster listed under 'Use This!'
- Evaluate a supplement using the *Evaluate a Supplement Card*. Be prepared to discuss.

OPTIONS FOR GROUP DISCUSSIONS:

- Review the module with your team.
- Watch dietary supplement videos under 'Watch This!' and discuss talking points.
- Provide supplement evaluation card and questions.
- Discuss the benefits of using food to fuel performance instead of dietary supplements.
- Discuss the importance of evaluating a supplement before use.

PRACTICAL EXERCISE OPTIONS:

- Have Soldiers explore the OPSS website to learn more about a supplement they are interested in.
- Look at 3 supplement labels with your Soldiers and answer questions on the supplement evaluation card.
- Have Soldiers identify at least one supplement company that has a third-party verification label.

AAR:

Discuss with Soldiers the pros and cons associated with dietary supplements and evaluation techniques to use when deciding whether to take a dietary supplement.

- What were the pros and cons?
- What did they do differently?
- How did they feel?
- What, if any, barriers were there?

resources

Read This!

- Operation Supplement Safety—For the Warfighter: <http://bit.ly/opsswarfighter>
- Supplement Evaluation Card and Evaluation Questions: <http://bit.ly/supplementevalcard>
- TB MED 507, "Heat Stress Control and Heat Casualty Management": <http://bit.ly/TBMED507>

Use This!

- Fuel for Performance Poster: <http://bit.ly/fuelforperformance>
- OPSS Ripped or Ripped Off Poster: http://bit.ly/ripped_off

Watch This!

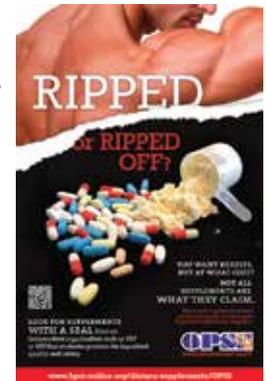
- The dietary supplement industry: <http://bit.ly/bodybuildingingsupplements>
- How to evaluate a dietary supplement: <http://bit.ly/supplementevaluation>

Explore This!

- Human Performance Resource Center (HPRC)—Dietary Supplements: <http://bit.ly/hprconline>
- The U.S. Food and Drug Administration (FDA)—Dietary Supplements: <http://bit.ly/fdadietarysupplements>
- Natural Medicines Comprehensive Database: <http://bit.ly/naturalmedicinedatabase>

Download This!

- Operation Supplement Safety (OPSS) App



Sleep like the Pros!

Sleep plays a vital role in maintaining a healthy body and mind. Sleep promotes peak performance, helps fight infections, and helps to maintain healthy weight. Healthy sleep habits promote length and quality of sleep, both of which are important for your best performance.

DID YOU KNOW?

SUFFICIENT SLEEP



PERFORMANCE

Scientific studies have shown that more sleep results in improved sprint times and marksmanship accuracy.

PHYSICAL HEALTH

Sleep stimulates the release of growth hormones, which leads to muscle growth, bone building, fat burning and helps athletes recover and learn.



MENTAL ACUITY

In scientific studies of the impact of sleep on performance, even 30 minutes more sleep or a 30 minute nap resulted in improved performance and mental sharpness.



INSUFFICIENT SLEEP



RELATIONSHIP

When you don't get enough sleep you tend to become irritable and distracted. It adversely impacts your sense of well-being and sex drive. As a result, poor sleep may affect your personal relationships.

IMPAIRED DRIVING

Sleep-deprived individuals perform similarly to or worse than those who are intoxicated while driving.



COGNITION



Sleeping 5 hours or less a night for 5 days results in 20% cognitive decline.

SLEEP LIKE THE PROS!

World Class athletes make sleep a priority.

“Sleep is extremely important to me—I need to rest and recover in order for the training I do to be absorbed by my body.”

— Usain Bolt

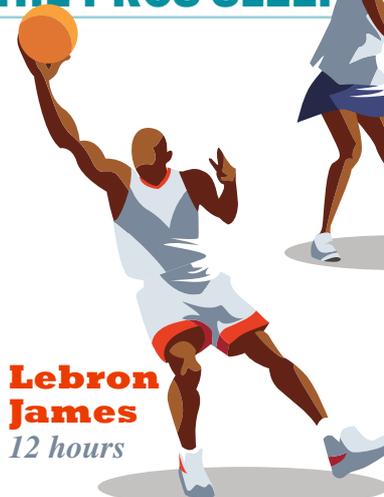
Olympic Champion and world record holder for 100m and 200m sprint

I think sleep is as important as [diet and exercise]”

— Grant Hill

NBA Basketball player

THIS IS HOW THE PROS SLEEP



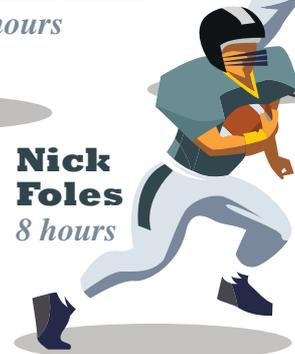
Lebron James
12 hours



Venus Williams
8 hours



Tiger Woods
4 hours



Nick Foles
8 hours

8 Makes You Great!

Scientific studies indicate that adults need about 8 hours of sleep every 24 hours for optimal performance. The Army has adopted 7–8 hours as their standard; however, most soldiers get only 6 hours. In order to get quality sleep, establish healthy sleep habits.

Bedtime routine

- Establish a target bedtime by backwards planning from the time you need to be awake.
- Have a comfortable, cool, quiet, dark, and safe room.
- Relax and power down to get ready to sleep.
- Establish a consistent bed/wake time.

Healthy Sleep Habits

- Make your sleep area 'sleep-friendly'—it should be cool, quiet, and relaxing.
- Create an appealing and relaxing wind-down routine starting 30–60 minutes before lights out.
- Watch what you eat or drink! No caffeine 6 hours before your bedtime.
- Go to the bathroom to prevent sleep interruption.
- Go to bed and wake up the same time every day.
- Finish PT 3 hours before lights out.
- Read or listen to relaxing music instead of watching TV, using the computer or other electronics.
- Turn off, remove or cover up electronics that will disrupt or interfere with your sleep (glowing light).
- Use soft foam ear-plugs or a fan to block sounds; use a sleep mask or black out curtains to block light.



TARGETS



Expert: Set and observe a consistent bed time and wake time every day for the next 3 months.



Sharpshooter: Get 8 hours of quality sleep for 7 days.



Marksman: Implement a *bedtime routine* for 7 days.

Sleep Check-List

- Set a sleep goal. I will sleep _____ hours per night this week.
- Based on your sleep goal, what is your target bed time? _____
- Give up 30 minutes of one activity, e.g., TV or internet. I will give up _____.
- Set a reminder alarm to get into bed by your target bed time. _____
- Go to bed 15 minutes earlier each day until I achieve 7–8 hours of sleep.

Module 6: Leader's Guide



Learning Objectives:

- 1) Describe the Army guidance on minimum sleep requirements.
- 2) Identify strategies to achieve 7–8 hours of sleep per day.

PREPARE

- Review items in 'Read This!' and obtain items from 'Use This!' on the Resource page.
- Think about your ability to change and/or adjust your schedule at your current rank and previous or lower rank.
- Given that this is a lifestyle change for the long term, how do you make changes while still meeting work and family responsibilities?
- What did you do as a leader to get 7–8 hours of sleep?

OPTIONS FOR GROUP DISCUSSION:

- How did you establish a sleep routine in your house? How did it go?
- What challenges did you face or do you anticipate getting 8 hours time in bed?
- Identify ways to help establish a bedtime routine.

PRACTICAL EXERCISE OPTIONS:

- Use a clock to teach Soldiers how to backward plan for 8 hours time in bed.
- Have Soldiers create a virtual bedroom and identify ways to improve sleep friendliness.
- Track sleep hours for the next 7 days and discuss the challenges to meeting that goal.
- Track challenges to implementing bed time routine.

AAR:

Review your efforts and those of others to establish a bedtime routine and to get 8 hours time in bed.

- What were the pros and cons?
- What did they do differently?
- How did they feel?
- What, if any, barriers were there?

resources

Read This!

- 10 Effective Sleep Habits Tip Card: <http://bit.ly/sleeptipcard>
- Chapter 4 of AR 6-22.5 *Combat and operational stress control manual for leaders and Soldiers*: <http://bit.ly/FM6-22>
- Effects of Sleep Timing on Training Effectiveness: <http://bit.ly/effectsofsleeptiming>

Use This!

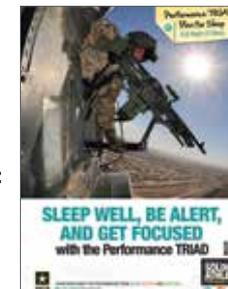
- Sleep Well, Be Alert poster: <http://bit.ly/sleepwellposter>

Watch This!

- Dr. James Maas on Sleeping for Success: <http://bit.ly/Maassleepforsuccess>

Explore This!

- Healthy Sleep Basics: <http://bit.ly/healthysleepbasics>
- Good Night's Sleep Cleans the Brain: <http://bit.ly/sleepcleansbraingunk>
- Do Athletes Need to Sleep Longer?: <http://bit.ly/athletessleepplonger>
- Effects of Sleep on Athletic Performance: <http://bit.ly/sleepandathleticperformance>
- Sleep Loss and Judgment: <http://bit.ly/sleeplossandjudgment>



**THE PROFESSIONAL SOLDIER ATHLETE MUST OUTTHINK,
OUTSMART, AND BE MORE EFFICIENT THAN THE ENEMY.
HEALTHY SLEEP, ACTIVITY, AND NUTRITION COMBINE TO OPTIMIZE
SOLDIERS' COGNITIVE AND DECISION-MAKING ABILITIES.**

COGNITIVE DOMINANCE



chapter contents

- Module 7: Finding your Motivation
- Module 8: Sleep: The Mental Edge
- Module 9: Stay Sharp, Move More!
- Module 10: Feed your Brain through Nutrition

THE
PROFESSIONAL SOLDIER ATHLETE
HERE IT'S **NOT A GAME**

Finding your Motivation

“Motivation is a fire from within.

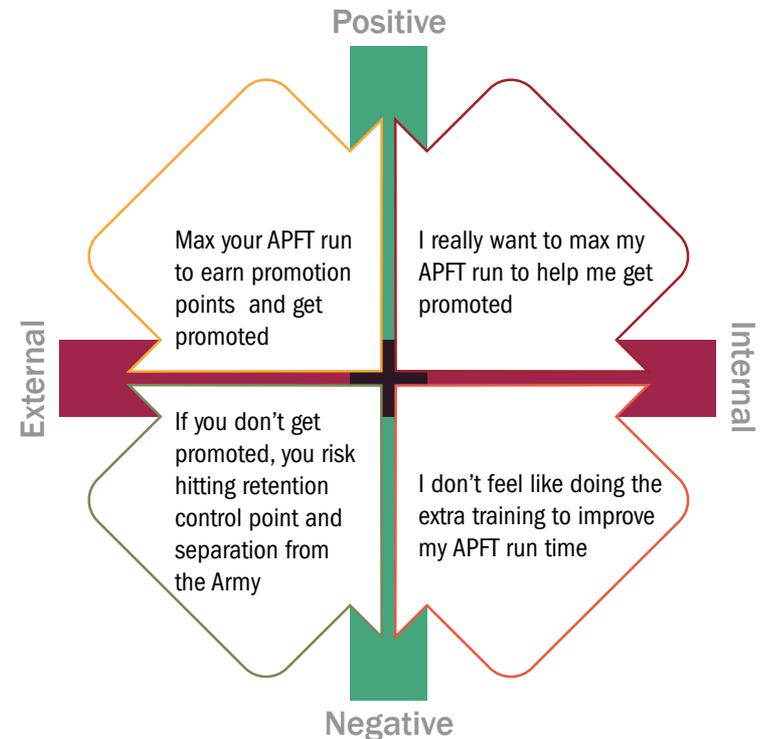
If someone tries to light that fire under you, chances are it will burn very briefly.” —Stephen Covey

DID YOU KNOW?

- Up to 45% of our daily decisions are shaped by habits, so changing a bad habit requires a strong motivation.

- Motivation is what fuels your determination to do whatever is necessary to accomplish your goal.
- Everyone has different things that strongly motivate them. Your personally held desires, values, and beliefs greatly influence the things that motivate you.
- Finding what motivates you to stay committed is usually the single biggest obstacle to achieving your goal!

4 Types of Motivation



- The most effective type of motivation is positive motivation that comes from within, AND it can be influenced by the actions and words of others.
- Giving yourself rewards for making progress toward your goals helps reinforce your motivation.

Helping Others Find Their “Why?”

When helping friends reach a goal, motivational interviewing is one technique that can be used to inspire them. This can help them find their “WHY” to reach their goals in choosing healthier behaviors. The acronym RULE represents the four principles of motivational interviewing.

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.

- Similar to coaching, motivational interviewing helps you uncover what motivates others to change.
- Rather than telling someone what to do, find out what is motivating their desire for change, i.e. why do they want to change.
- The best time to use motivational interviewing is when someone is undecided.

TARGETS



Expert: Use motivational interviewing to help a friend find a reason to change an unhealthy behavior.



Sharpshooter: Reinforce your motivation by identifying a specific reward to give yourself when you achieve one of your personal goals.



Marksman: Identify a positive, negative, external and internal motivation for your personal goal.



Module 7: Leader's Guide



Learning Objectives:

- 1) Discuss the four types of motivation.
- 2) Demonstrate the principles of motivational interviewing.

PREPARE:

- Review the Leader's Guide.
- Watch the motivational interviewing Overview video in the 'Watch This!' Section.

OPTIONS FOR GROUP DISCUSSIONS:

- Discuss the 4 types of motivation (positive, negative, internal and external), provide examples of each and discuss their effectiveness.
- Watch and discuss the 4 videos about motivational interviewing.

PRACTICAL EXERCISE OPTIONS:

- Have each Soldier identify their personal motivation for reaching their Performance Triad goals and tell the team.
- Have each Soldier talk about the rewards they will give themselves to stay the course.
- Have the Soldiers pair up and practice motivational interviewing techniques.
- Conduct a motivational interviewing session with each of your Soldiers.

AAR:

Discuss motivation and motivational interviewing with Soldiers.

- What were the pros and cons?
- What did they do differently?
- How did they feel?
- What, if any, barriers were there?

resources

Read This!

- Army Doctrine Reference Publication 6-22 Army Leadership: <http://bit.ly/ADRP6-22>
- Extrinsic Rewards and Motivation: <http://bit.ly/ExtrinsicRewards>
- National Center for Health Promotion and Disease Prevention. (Summer 2011). Motivational interviewing. HealthPower! Prevention News: http://bit.ly/Motivational_Inter

Watch This!

- Motivational Interviewing Overview Video: http://bit.ly/MI_Overview
- Motivational Interviewing—What to do: http://bit.ly/MI_1
http://bit.ly/MI_2
- Motivational Interviewing—What NOT to do: http://bit.ly/MI_Not_1
http://bit.ly/MI_Not_2

Explore This!

- motivationalinterviewing.org

notes

Sleep: The Mental Edge

Sleep is vital for health, performance, and well-being. With healthy sleep, Soldiers are able to excel mentally and physically. Sleep is critical for sustaining the brain's capabilities needed for success on and off the battlefield.

Sleep is an essential function for a healthy life. Sleep need is determined by your genes and your age. Children need 9 to 11 hours of sleep depending on their age. Adults need between 7–8 hours every 24 hours.

You cannot train your brain to function better with less sleep. There are no shortcuts for sleep, not even caffeine. Your brain will only work as well as the amount of sleep you feed it: the more sleep you get, the more mentally sharp you will be.



DID YOU KNOW?

- A sleep-deprived individual is not aware of his/her own impairments and is more at risk to develop symptoms of depression, anxiety, and PTSD.
- Individuals who **routinely** get 5–6 hours of sleep perform much like a person with a blood alcohol content of 0.08.
- In New Jersey, if you haven't slept in 24 hours, you are considered to be driving recklessly (in the same class as being intoxicated).



NAPS

- Use naps to help mental sharpness, restore sense of wellbeing, in addition to increasing alertness and performance.
- A 10–30 minute nap will improve alertness and performance. It also reduces mistakes and accidents.
- Sleep inertia is that period of grogginess upon awakening. It might take 5 minutes to become fully alert.
- Sleep inertia is almost **NEVER** a problem for most people and is **NOT** a good reason to avoid napping.
- If immediate responsiveness is required upon awakening, caffeine use can be used immediately upon awakening to more rapidly restore performance.
- Only use naps to achieve 7–8 hours of sleep every 24 hours, otherwise it may disrupt your nightly sleep.

Sleep

During sleep, the brain goes to work cleaning and organizing information acquired during the day. This helps you learn!

Sleep is important for memory and learning. Sleep helps the brain to form memories and process new information. It helps the brain to work efficiently; restore, repair, and grow new brain connections. It also helps the brain deal with stress.

So think about it, if you sleep well **before** learning, it will help with attention and understanding. Sleeping **after** learning, will improve your ability to remember and use the newly-acquired skills and information.

How much sleep do you need?

The amount of sleep differs for everyone, with most people needing 7–8 hours. To figure out the amount of sleep you need will require extended time in bed. You may need a (sleep) vacation or a flexible work schedule to complete the process.

To determine how much sleep the body needs:

- Sleep until you feel rested and restored.
- Repeat until you can wake up without an alarm.
- Once you know how many hours are needed, establish a sleep routine with consistent bed and wake times.
- Ensure you have good sleep habits (module 6). Consider using a sleep diary to track the quality of your sleep and activities.

Sleep Debt

Sleep debt occurs when you get less sleep than you need. You can only recover recent sleep loss (less than 3 months).

How to Overcome Barriers

- If you are having trouble sleeping or don't feel rested after a full night's sleep, focus on sleep habits (module 6).
- If your sleep doesn't improve after about 2 weeks, see your health-care provider.
- Exercise and eating healthy food options not only improve your cognitive functions and emotional wellbeing but will also improve your sleep.

TARGETS



Expert: Determine your sleep need. If you have recent sleep debt, implement a plan to get out of debt.

Sharpshooter: Get 8 hours of restful and restorative sleep for 7 days.

Marksman: Keep a sleep diary for one week. Use a sleep diary log and document hours of sleep and bedtime routine.



Module 8: Leader's Guide



Learning Objectives:

- 1) Describe minimum sleep requirements and function of sleep.
- 2) Describe the importance of sleep for health, performance and mission success.

PREPARE

- Review items on the Resource page.
- Review SMART goal-setting materials in module 3.

OPTIONS FOR GROUP DISCUSSION:

- Discuss how to determine “sleep need” and when this could be accomplished for your team.
- Discuss “sleep debt” and why it is important to have a consistent bed and wake time.
- Discuss the benefits and drawbacks of napping.

PRACTICAL EXERCISE OPTIONS:

- Have everyone keep a sleep diary for 1 week.
- Identify those things that positively and negatively impact their sleep.
- Review upcoming missions or tasks. Identify when team members will need to either work earlier or later than standard duty hours and times. Determine when naps might help to boost alertness and mental sharpness.

AAR:

Review your activities taken to improve sleep (determine sleep need, reduce sleep debt, or naps)

- What were the pros and cons?
- What did they do differently?
- How did they feel?
- What, if any, barriers were there?

resources

Read This!

- Field Manual 6-22.5, Combat and Operational Stress Control Manual for Leaders and Soldiers, Chapter 4: Sleep Deprivation
- Get Enough Sleep: <http://bit.ly/Areyougettingenoughsleep>
- Can You Ever Really Catch-up on Sleep?: <http://bit.ly/1mGIgcv>
- Recover Sleep Loss?: <http://bit.ly/notrecoversleeploss>
- Benefits of Napping: <http://bit.ly/take2-30minnaps>

Use This!

- Sleep Loss Poster: <http://bit.ly/lossofsleep>
- Mind-Body Skills tip card: <http://bit.ly/mindtacticstipcard>

Watch This!

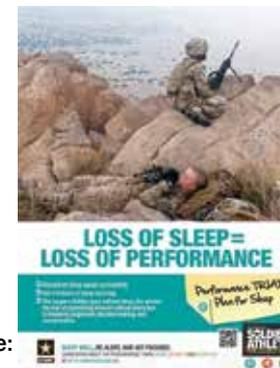
- Dr. James Maas on Sleeping for Success: <http://bit.ly/Maassleepforsuccess>

Explore This!

- Mental Skills for optimal Performance: <http://bit.ly/MentalSkills>
- Set Your Sleep Need: <http://bit.ly/assesssleepneed>
- Harvard Sleep and Health Education: <http://bit.ly/HarvardPublicEducation>
- Sleep Optimization: <http://bit.ly/sleepoptimization>

Download This!

- Sleep Diary: <http://bit.ly/Sleepdiary>





Stay Sharp, Move More!

Exercise and movement help build key mental abilities—memory, reaction time, attention span, and learning. These are essential to perform your best and to accomplish any mission. Soldiers need to make critical decisions in life-and-death situations and stay focused—regular exercise and activity helps support that mission.

Regular Exercise Sharpens your Mind

Exercise causes your brain to release chemicals that build memory and reinforce learning.

People who exercise regularly have better short term memory and mental reaction time.

Strength training improves your mental focus and concentration ability.

A Workout Gives you a Quick Boost!

Immediately after exercise, your memory and mental responses improve.

1–3 hours after exercise, you are able to make faster and more accurate decisions.

Exercise=Better Grades

Those who exercise regularly remember more facts and can recall them more easily.

Be ready by being fit—Soldiers are constantly teaching, learning, and being tested to tackle any mission!



SHARPEN YOUR MIND

8 Cognitive Benefits of Exercise

>Feel Better

Regular workouts help release brain chemicals called endorphins, which help you feel positive

>Relieve Stress and Tension

Exercise helps release tension, helping you cope with stress

>Self Confidence

When you exercise regularly you feel better and your fitness accomplishments boost your confidence

>Improved Pain Tolerance

Exercising regularly helps your body tune itself for physical stress and has been proven to improve pain tolerance

>Workout to Improve your Brain Power

Exercise causes your body to release chemicals that build and maintain brain connections, helping you perform better mentally and academically

>Self Discipline

Keeping a regular workout schedule builds your internal commitment and follow-through, which helps you stay disciplined

>Reduce Anxiety and Depression

Researchers have discovered that regular exercise can help prevent and reduce symptoms of anxiety and depression

>Build your Mental Awareness

Exercise improves your mental focus, attention span, and concentration



Mental Benefits of Exercise

Plan

- 1) Select short workouts you can do during a 10–15 minute break or at lunch to stay focused. Have 3 or 4 different options. PRT drills are great for this and are ready to execute!
- 2) Even a brief 10–20 minute walk also keeps you sharp and aware if you are losing focus.
- 3) Use these short workouts for a mental boost to your focus, judgment, and memory.

Execute

- 1) Spend at least 3 days a week trying midday or a mid-shift exercise program—even 15 minute workouts make a difference.
- 2) Losing focus? Try a quick workout instead of a caffeine drink!
- 3) Place these workouts in a notebook or on your phone for quick access.

Evaluate

- 1) How did you feel after doing the midday workouts? Did it help you stay focused during the afternoon or second part of your shift?
- 2) Did you try exercising before giving a class or taking a test? Did you notice a difference in your focus or performance?



TARGETS



Expert: Rotate 3–4 different ‘hip-pocket’ workouts that last 10–15 minutes throughout the week.



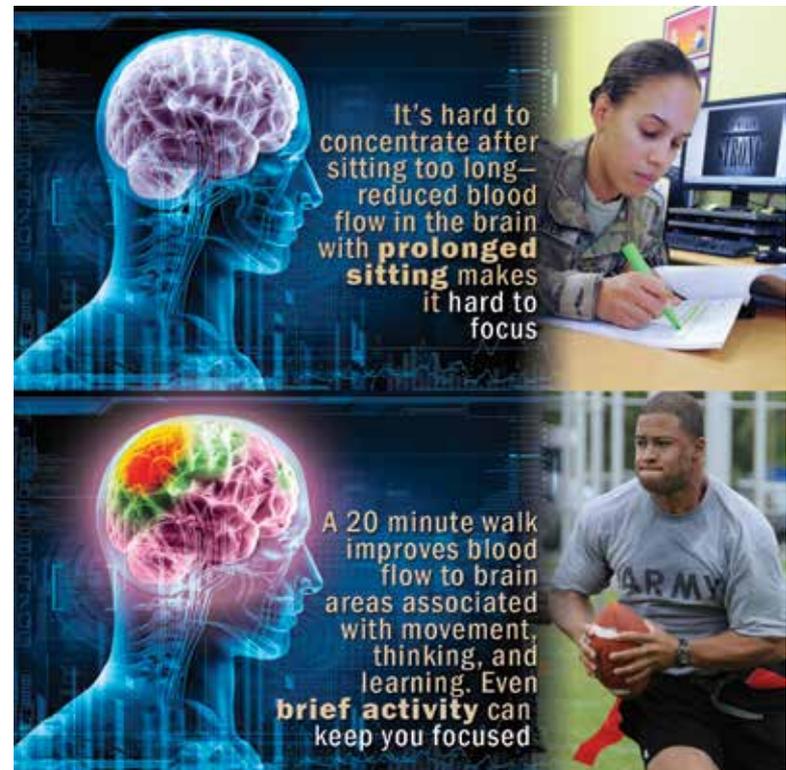
Sharpshooter: Reach your Aerobic and Strength +Goals: 150 min moderate + 75 min vigorous aerobic exercise per week and 2-3 days strength workouts + 1 day agility training.



Marksman: Try a 10–15 minute midday or mid-shift workout to give yourself a mental edge when you need it!

Need some ideas? Try FM 7-22 Drills!

Standard or modified versions of the Prep Drill, Recovery Drill, and Conditioning Drills 1–3 are ready to go and require no special equipment



Module 9: Leader's Guide



Learning Objectives:

- 1) Explain why cognitive function and decision-making is important for a Soldier.
- 2) Describe ways to use exercise and activity to boost mental function.

PREPARE:

- Review the module and resources.
- Be prepared to name activities and situations where Soldiers could use a mental advantage: a board, test, teaching a class, or dealing with a complex issue.

OPTIONS FOR GROUP DISCUSSIONS:

- Discuss the mental benefits of exercise.
- Discuss ways to use exercise to support mental function, memory, and academic performance.

PRACTICAL EXERCISE OPTIONS:

- Walk the Talk—have Soldiers see you living these principles in your daily life.
- Ask for examples of these behaviors in counseling sessions and reviews.
- Conduct mid-shift workouts as a small group to help maintain your team's focus.
- Conduct meetings while walking when you can.

AAR:

Discuss with Soldiers the types of mental benefits you get with exercise.

- What were the pros and cons?
- What did they do differently?
- How did they feel?
- What, if any, barriers were there?

resources

Read This!

- FM 7-22:
http://armypubs.army.mil/doctrine/DR_pubs/dr_a/pdf/fm7_22.pdf

Use This!

- Activity Tip Card:
<http://bit.ly/TipCardActivity>
- 'Train Smart, Get Results, and Prevent Injuries' poster:
<https://usaphcapps.amedd.army.mil/HIOShoppingCart/viewItem.aspx?id=577>

Watch This!

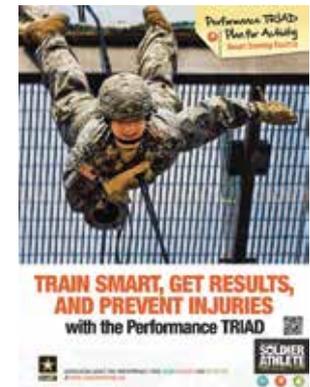
- Human Performance Resource Center:
<http://bit.ly/HPRCfitVideos>

Explore This!

- Army HEALTH:
<http://armyhealth.pbrc.edu/>
- HPRC Exercise Resources:
<http://bit.ly/HPRC-Exercise>
- ArmyFit:
<https://armyfit.army.mil/programs/workouts.aspx> [CAC login]

Download This!

- 7 Minute Workout App designed from this study:
<http://bit.ly/7MinWorkoutNYT>



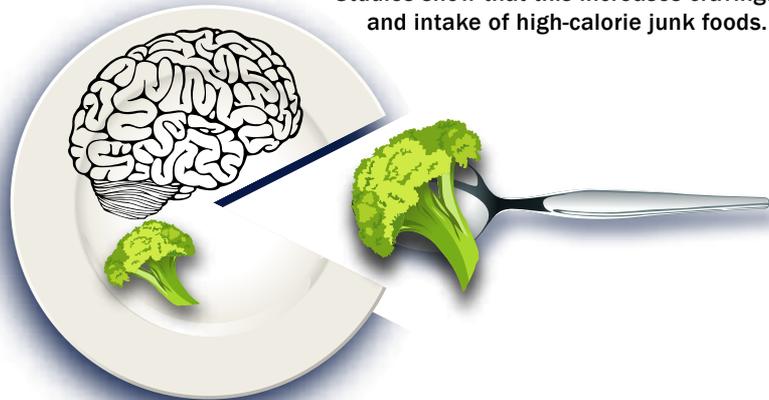


Feed your Brain... through Nutrition

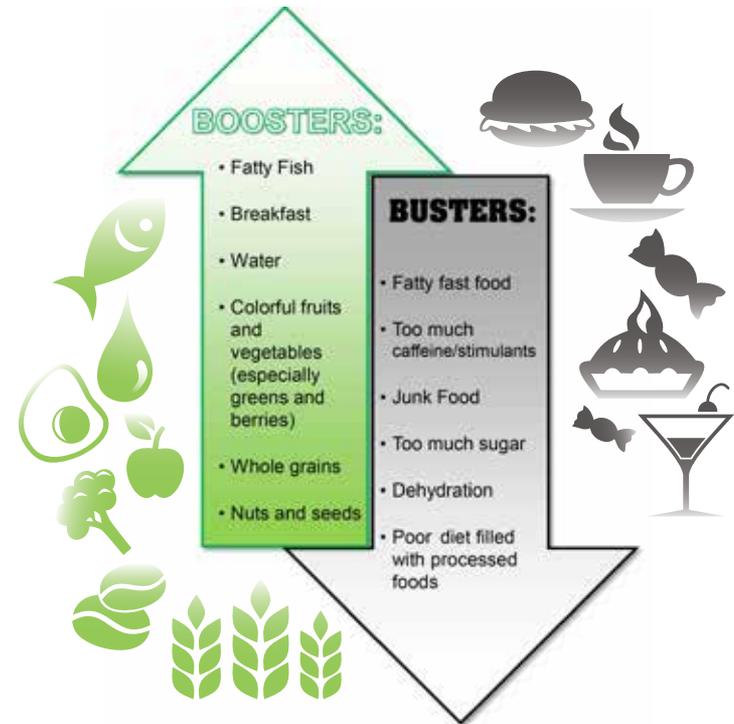
Food choices and eating habits directly impact your mental performance. Fueling your body with optimal nutrition choices throughout the day provides you with the nutrients and energy your brain needs. This helps you concentrate, stay focused, and improves reaction in any situation.

DID YOU KNOW?

- Dehydration causes brain tissue to shrink, affecting cognition. Several studies have found that when people are dehydrated, it impairs their short-term memory, focus and decision-making.
- Caffeine has been shown to increase alertness and improve concentration and focus. However, too much caffeine can actually affect your ability to concentrate and causes nervousness.
- Omega-3 fatty acids, which are found in fatty fish like salmon and sardines, have been linked to improved memory and focus.
- Poor sleep and activity decreases brain function related to making good decisions. Studies show that this increases cravings and intake of high-calorie junk foods.



NUTRITION FOR A HEALTHY BRAIN



WARNING

Beware, many "energy" products contain other stimulants besides caffeine, such as: **GUARANA, TAURINE, GINSENG, I-CARRITINE, CREATINE and/or GLUCURONALCTONE.**

Side effects from too much/many stimulants:

- > Dehydration and upset stomach (readiness)
- > Anxiety (mental health) > Shakiness (marksmanship)
- > Headaches (mental ability)
- > Death from overdose (some may not vomit before they reach toxic levels)



Making poor nutrition choices and not fueling regularly throughout the day can decrease alertness and your ability to think clearly and concentrate. It also impacts your physical performance and can lead to weight gain. A solid nutrition plan that includes performance choices will help you maximize your brain function and be at your best!



- 1) **Eat breakfast:** Breakfast provides your brain with the fuel it needs to function properly after an overnight fast. This results in increased alertness, decreased fatigue, and improved ability to concentrate.
- 2) **Don't overdo it with caffeine:** Smart caffeine use can enhance mental abilities and improve overall brain function. However, when taken excessively, it over-stimulates the brain and can lead to poor mental performance. Be especially cautious with energy drinks and other energy products. Many contain caffeine along with other stimulants. The mixture of energy drinks with other sources of caffeine can lead to problems related to excessive caffeine intake.
- 3) **Ditch the junk food and sugary beverages:** Too much sugar and unhealthy fats, specifically trans fats and saturated fats, can decrease mental performance. Short term, too much sugar and junk food cause fatigue and decreased alertness; long-term, it can lead to permanent damage to your brain, brain function, and increases the risk of dental disease.
- 4) **Enjoy fruits, vegetables and other great brain foods.** Eating a balanced diet that includes at least 8 servings of fruits and vegetables, whole grains, lean protein, low-fat dairy, and healthy fats will provide you with all of the important nutrients your brain needs for optimal mental performance.

TARGETS



Expert: Make ½ your plate fruits and vegetables at two meals per day for the next seven days.



Sharpshooter: Gain the mental edge—eat breakfast every day this week.



Marksman: Swap at least one sugary snack item with a fruit or vegetable each day this week.

Breakfast Tips and Ideas

- Keep your kitchen stocked with healthy grab-n-go foods: hard-boiled eggs, whole grain cereals/bread, low-fat yogurt, fruit and peanut butter.
- Quick ideas: fruit and yogurt smoothie, whole grain cereal with fruit and a hard-boiled egg, peanut butter and banana sandwich with low-fat milk.
- Plan ahead so you don't end up grabbing less healthy choices.

Fill Up on Fruits and Vegetables First

- Include a piece of fruit at every meal—enjoy it for dessert, as part of a smoothie, or on top of a salad or cereal.
- Have a side salad with lunch and dinner—include as many different types of vegetables as you can.
- At the DFAC, choose vegetables for sides instead of starches such as potatoes, bread or pasta.
- Eat your fruits and vegetables first and then your main meal.

Healthy Snacking Made Easy

- Instead of energy drinks for a boost of energy and brain power try trail mix, carrot sticks with hummus, a handful of nuts or low-fat string cheese and fruit.
- Keep healthy, portable snacks handy—in your desk drawer, your gym bag, your car and in your uniform pocket.
- Make junk food inconvenient—keep it out of your house and avoid driving by the Shoppette or convenience store.
- Buy pre-cut fruits and vegetables—keep them in your fridge at home and work for a quick snack.
- Schedule snacks as part of your meal plan—have them in between meals to keep you mentally focused, energized and satisfied.

Module 10: Leader's Guide



Learning Objectives:

- 1) Explain why nutrition is important for cognition.
- 2) Describe appropriate food choices and fueling techniques to optimize mental performance.

PREPARE:

- Review the module and nutrition information.
- Review material under 'Read This!'
- Hang poster listed under 'Use This!'

OPTIONS FOR GROUP DISCUSSIONS:

- Discuss strategies and examples of foods/beverages that can help Soldiers' mental performance throughout the day.
- Discuss the importance of choosing healthy foods over caffeine, sugar and high-fat foods to optimize mental performance.
- Discuss ways to improve intake of fruits and vegetables and how to include breakfast every day.
- Discuss the dangers of energy drinks and excessive caffeine.

PRACTICAL EXERCISE OPTIONS:

- Create a list of food/beverage (fuel) choices for breakfast and healthy snacks in between meals. Track how it helps improve their mental performance.
- Assess fruit and vegetable intake and figure out ways to meet the recommended amount.
- Have Soldiers assess their caffeine intake. Develop strategies that help them use caffeine smartly.

AAR:

Discuss with Soldiers the different fueling strategies used to help promote a better outlook.

- What were the pros and cons?
- What did they do differently?
- How did they feel?
- What, if any, barriers were there?

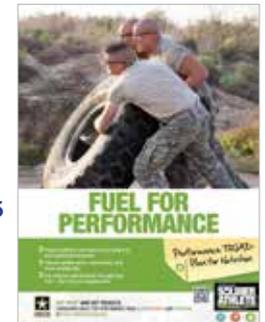
resources

Read This!

- Warfighter Nutrition Guide — Optimal Choices for Home Chow and Dining Out: <http://bit.ly/hprcnutritionresources>
- Warfighter Nutrition Guide — Dietary Supplements (Caffeine): <http://bit.ly/dietarysupplements>
- AR 40-25, "Nutrition and Menu Standards for Human Performance Optimization": <http://bit.ly/AR4025>

Use This!

- Eat Right and Get Results Poster: <https://usaphcapps.amedd.army.mil/HIOShoppingCart/viewItem.aspx?id=575>
- Energy Drinks Fact Sheet: <http://bit.ly/energydrinksinfo>



Watch This!

- Energy Drinks vs. Nutrition: <http://bit.ly/energydrinksvideo>

Explore This!

- Navy Operational Fitness and Fueling Series (NOFFS) Virtual Meal Builder: <http://bit.ly/noffsmeals>
- Fruit and Vegetable Needs: <http://bit.ly/fruitandveggiesmatter>

Download This!

- Fooducate™
- Operation Supplement Safety

THE PROFESSIONAL SOLDIER ATHLETE IS A RESILIENT FORCE ABLE TO KEEP IT TOGETHER DURING ANY SITUATION. HEALTHY SLEEP, ACTIVITY, AND NUTRITION COMBINE TO OPTIMIZE SOLDIERS' EMOTIONAL STRENGTH AND RESILIENCE.

EMOTIONAL DOMINANCE



chapter contents

- Module 11: Seven Steps to Reach your Goals
- Module 12: Blow Off Steam and Stay Balanced
- Module 13: Food and Mood
- Module 14: Sleep: Your Secret Weapon

THE
PROFESSIONAL SOLDIER ATHLETE
HERE IT'S **NOT A GAME**

Small Changes Make a Big Difference

“I may not be there yet, but I’m closer than I was yesterday.”

DID YOU KNOW?

- Achieving a goal releases a brain chemical responsible for pleasure. Therefore, people who achieve goals are happier people.
- When you try to do too many things at once, this drains your willpower. Start with just one goal at a time.
- If you seriously commit to your goal, you are 10 times more likely to stick to your goal.

7 Steps to Reach Your Goal

1

What is your goal?

Establish a powerful and personally meaningful Performance Triad goal that you are excited to pursue.

2

Where are you now?

At this very moment, what strengths and weaknesses do you have? What limitations are standing in the way of you achieving your Performance Triad goal?

3

What needs to be developed?

Determine the main areas of your life that will require immediate energy, effort, and attention. These will become your “Big Rock” priorities.

4

Plan your SMART actions:

Plan specific actions you will take in addressing your big rocks. Focus these SMART actions into achieving short term goals “quick wins” which will help you achieve your main Performance Triad goal.

5

Create your daily “task lists”

Set daily goals that direct efforts to some aspect of the goal plan by answering, “What will I do today?” Create a simple to-do list.

6

Commit yourself to the process:

Don’t let obstacles challenge your commitment! Create contingency plans for potential setbacks. Post visual reminders of your long-term goal.

7

Monitor your progress:

Conduct a weekly AAR. Find a battle buddy to keep you on task. Celebrate small successes—“Quick Wins.”

Quick wins lead to BIG results

WHAT IS YOUR GOAL?

"I want to improve my physical activity so I can have more energy and lose weight."

WHERE ARE YOU NOW?

"I get about 90 minutes of moderate activity per week."

"I do a few sit-ups but not much resistance training."

WHAT NEEDS TO BE DEVELOPED?

"My stamina is low."

"I am 20 pounds overweight."

WHERE ARE YOU NOW?

Increase aerobic activity by 10 minutes a day this week.

Start with 3 resistant exercises 2 days per week.

CREATE YOUR DAILY "TASK LISTS"

Pack snacks to re-fuel after exercise.

Pack my gym bag the night before.

COMMIT YOURSELF TO THE PROCESS:

Share my goal with someone who will help me stay committed.

Set alarm 1 hour before planned PT.

MONITOR YOUR PROGRESS:

Weekly weigh in to track my progress.

Celebrate quick wins.

"If you don't know where you are going, you might not get there." —Yogi Berra

TARGETS



Expert: Achieve your goal using the 7 steps and then set another Performance Triad goal.



Sharpshooter: Use the 7 steps to achieve your SMART goal.



Marksman: Identify your quick win for today.

TIPS & HINTS

Find a battle buddy with a similar goal and help each other stay on track

Stay positive—if you should get off track just take a fresh start in the morning



Celebrate your successes!
Be sure to plan a reward for yourself as you reach your quick wins and long term SMART goals!

Module 11: Leader's Guide



Learning Objectives:

- 1) Apply the 7 steps of goal setting.
- 2) Review and revise your SMART goal for the Performance Triad.

As a leader, you are charged to coach, teach and mentor your Soldiers to help them realize their goals. Guide them in setting goals that are **important to them.**

PREPARE:

- Review the 7 steps module and resources.
- Review module 3 'Be SMART About Setting Goals.'
- Review resource page.

OPTIONS FOR GROUP DISCUSSION:

- Review the 7 steps of goal setting.
- Have Soldiers discuss barriers to achieving their SMART Goal.
- Use motivational interviewing tools to help Soldiers along the way to reach their goals.

PRACTICAL EXERCISE OPTIONS:

- Develop a list of quick wins.
- Have Soldiers update their SMART goals using the 7 step process.
- Meet with each Soldier for an individual coaching about their plan.

AAR:

Review results of your efforts to move through your goals.

- What were the pros and cons?
- What was done differently?
- How did they feel about the changes?
- What, if any, barriers were there?

resources

Read This!

- My Health Story: David Bitterman: http://armymedicine.mil/Pages/My_Health_Story_David_Bitterman.aspx

Watch This!

- Military Motivation: <http://youtu.be/ntGRosZ6VzU>
- Get Inspired: Never Give Up on your Goals: <http://youtu.be/9ZnIB9fG39E>

Explore This!

- CSF2 Goal Setting Information: <https://armyfit.army.mil>

notes

“A dream doesn't become reality through magic: it takes sweat, determination and hard work.” — GEN(Ret) Colin Powell



Blow Off Steam and Stay Balanced

Being a Soldier can be a stressful job. Exercise and activity help you manage stress, perform at your best, and stay in the fight. Exercise helps you keep your mental edge!

Exercise and Stress

Pro athletes learn to keep their heart rates, breathing rates, and body response under control to maximize their performance during a game—you can learn to do that too.

Routine exercise for at least two months effectively reduces stress and anxiety—without drugs or other treatment.

Exercise Helps Reduce Pain and Symptoms of Depression and Anxiety

In medical studies, regular exercise has been shown to reduce symptoms of anxiety and depression up to 75%.

Vigorous exercise for 30 minutes, 3 times per week improves your pain tolerance. It also counts toward your 150 minute and 75 minute exercise goals.

Relaxation and Breathing Exercises Can Help!

Tactical breathing is a controlled breathing technique that helps you relax and focus—just like on the rifle range.

Tactical breathing and relaxation exercises help reduce blood pressure and mental tension and help you cope with stress naturally.



EXERCISE AND YOUR BRAIN

Exercise Builds Resilience

- 1) Endorphins, or hormones that help you feel good (like a 'runner's high') are released by working out.
- 2) Your sense of well-being and your ability to relax are both improved with regular exercise.
- 3) Regular workouts help build resistance to mental stress.

Exercise is Brain Maintenance

- 1) Exercise is like sleep, it helps your brain maintain itself.
- 2) Exercise helps repair areas of the brain degraded by stress—especially areas concerned with emotions, memory, and emotional responses.
- 3) Improve blood flow and brain activity by getting regular exercise.



Exercise and Emotional Health

Exercise and activity reduce stress so you feel healthy and perform at your best!

Plan

- 1) Self monitor your exercise habits—are you meeting your exercise and activity targets?
- 2) Plan 2–3 exercise sessions you can use to reduce stress and keep yourself emotionally healthy.
- 3) Plan some time this week, just 10 minutes, to try a tactical breathing or relaxation exercise.

Execute

- 1) Get that weekly exercise in!
- 2) Next time you feel stressed or frustrated, exercise for 10–20 minutes or try a relaxation exercises.
- 3) Complete 10 minutes of tactical breathing or a relaxation exercise 3 times a week.
- 4) Apply the breathing exercises after a workout to see how quickly you can bring your heart rate and breathing back down.

Evaluate

- 1) When you meet your weekly exercise goals, do you feel less stressed?
- 2) When you exercise after feeling stressed or anxious, do you feel better?
- 3) Did it give you a sharper mental edge?



TARGETS



Expert: Perform a relaxation or breathing exercise for 10 minutes at least 3 times a week.



Sharpshooter: Reach your Aerobic and Strength +Goals: 150 min moderate + 75 min vigorous aerobic exercise per week and 2–3 days strength workouts + 1 day agility training.



Marksman: Perform 10–20 minutes of exercise to blow off steam.

DID YOU KNOW?

- Consistency counts. Relaxation and breathing exercises are most effective when you do them over two months, so stick with it!
- Pro athletes use relaxation and breathing exercises to maintain their mental edge and focus while performing at their peak.
- Mastering tactical breathing will make you more combat-effective!



Module 12: Leader's Guide



Learning Objectives:

- 1) Explain why stress management is important for a Soldier.
- 2) Describe ways to use exercise and fitness activities to reduce stress and stay healthy.

PREPARE:

- Review the module and resources.
- Be prepared to help Soldiers discuss self-regulation and stress. Your MRT or resilience materials can help.
- Be ready to give examples of the benefits of tactical breathing and relaxation exercises. Use a personal example if you can.

OPTIONS FOR GROUP DISCUSSIONS:

- Talk about some of the ways being a Soldier exposes people to stress and tension.
- Provide some examples of stressful life events that might be easier to handle with these techniques.
- Discuss the importance of consistent exercise to see the benefits.

PRACTICAL EXERCISE OPTIONS:

- Have a competition after a PT session to see who can bring their heart rate back to baseline the quickest.
- Try tactical breathing to improve performance when you are at the range.
- When mentoring a Soldier who's under stress, send them to blow off some steam by exercising.

AAR:

Discuss with Soldiers their experiences building well-rounded fitness and readiness.

- What were the pros and cons?
- What did they do differently?
- How did they feel?
- What, if any, barriers were there?

resources

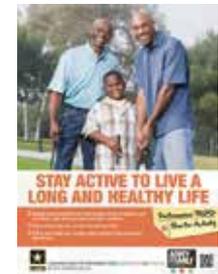
Read This!

- Performance Triad Activity Tip Card: <https://usaphcapps.amedd.army.mil/HIOShoppingCart/viewItem.aspx?id=563>
- FM 7-22: http://armypubs.army.mil/doctrine/DR_pubs/dr_a/pdf/fm7_22.pdf



Use This!

- 'Stay Active to Live a Long and Healthy Life' poster <https://usaphcapps.amedd.army.mil/HIOShoppingCart/viewItem.aspx?id=552>
- ArmyFit Tip Card: <http://bit.ly/ArmyfitCard>



Watch This!

- Human Performance Exercise Resources: <http://bit.ly/HPRC-Exercise>

Explore This!

- Human Performance Resource Center on Mind-Body Skills: <http://hprc-online.org/mind-tactics/mind-body-skills>
- HPRC on Stress Management: <http://hprc-online.org/mind-tactics/stress-management>
- Emotional Health on ArmyFit: <https://armyfit.army.mil/health/emotional-health> [CAC login]

Download This!

- Tactical Breather App
- Mindfulness Coach App





Food and Mood

Food and mood are directly related. Fueling your body with healthy choices consistently during the day provides you with the right nutrients and plenty of energy. This helps you have a better outlook, reduces mood swings, and keeps you focused!

DID YOU KNOW?

- People who eat at least five servings of fresh fruits and vegetables a day were nearly 5 times more likely to report high emotional wellbeing compared to those who eat less than one serving.
- People who eat breakfast report feeling happier and more relaxed compared to those who skip breakfast.
- Research shows symptoms of depression and increased fatigue are related to diets high in processed, greasy, high fat foods, such as those found in fast food establishments.
- Studies show that people who get the recommended amount of carbohydrates (i.e. whole grains, fruits and vegetables) tend to feel less tired, angry, depressed, and tense compared to those who don't.



Do any of these sound familiar to you?

Scenario One: What Breakfast?

Q: *So tell me, do you eat breakfast?*

A: Heck no, I never eat breakfast. I am not hungry when I get up. I might just drink an energy drink or orange juice after PT.

Q: *How do you feel, then?*

A: Eh, ok, I guess. I mean, I'm always tired but I'm pretty sure it doesn't have anything to do with not eating breakfast. Maybe I just need more sleep.

Scenario Two: The pizza and milkshake lunch routine

Q: *Alright, then what do you do for lunch?*

A: Sometimes I skip lunch or I go to the PX and get something. Yesterday my buddies and I went for the pizza buffet. We usually go when we have an extra thirty minutes for lunch and usually stop for ice cream or a milkshake on the way back.

Q: *So how do you feel after a meal like that?*

A: Oh man, the pizza and milkshake are so good, but all we want to do is take a nap in the motor pool when we get back. "Sarge" always gets mad at us because he says we're moving too slow. I usually just get an energy drink about an hour or so after we get back. I'm always so darn tired.

Scenario Three: The afternoon "hungries"

Q: *Let's talk about your eating habits. How often do you eat?*

A: I usually eat breakfast after PT but then don't usually get a chance to eat again until I get home from work. I am always busy putting out fires—you know, issues with my Soldiers, or stuck in meetings.

Q: *Okay, so you don't eat lunch. How about snacks? Do you at least try to eat something during the day?*

A: Sometimes I swing by the vending machine in the afternoon, especially when I'm craving sweets. I usually grab soda and a candy bar.

Q: *Because you don't eat lunch, how is your mood during the day?*

A: Well, now that you mention it, I get headaches a lot and I get cranky with people. I also feel tired and grumpy in the afternoons—that's when I hit the vending machine.



REAL
CONVERSATIONS
WITH
DIETITIANS

NOW WHAT? →



Making poor food choices and going long periods of time without proper fueling affect your performance, impact how you feel and may lead to overeating as you read in the scenarios. Planning for and eating regular meals and healthy snacks throughout the day supports a better mood and optimizes your performance.

Start every day with a good breakfast! Breakfast helps your brain wake up, which supports good mood, prevents morning drowsiness, increases alertness, and helps control appetite.

Eat regularly and don't skip meals. Plan to have a meal or snack every 4–5 hours. This helps:

- stabilize your blood sugar levels and mood
- provide your brain with a steady supply of energy
- keep you alert
- reduce your urge to overeat at the next meal

Include fresh fruits and vegetables in your diet every day. They provide key nutrients such as B vitamins, potassium, folate, dietary fiber and antioxidants. These enhance your mood and support steady blood sugar and energy levels.

Avoid consuming too much sugar and highly processed, fatty foods, particularly foods high in saturated fats. These can cause feelings of drowsiness, fatigue and irritability.



Mood-boosting foods!

- Omega-3s: fatty fish such as salmon, mackerel and sardines
- Iron-rich foods: eggs, beans, lean red meat, leafy green vegetables
- High-fiber carbohydrates: whole grains, fruits and vegetables
- Foods high in B-12 and folate: beans, leafy green vegetables, low-fat dairy, poultry, fish and lean red meat

“Nobody ever says ‘I ate too many veggies, I need a nap.’” — unknown

TARGETS



Expert: Make a Nutrition Plan and follow it each day this week—this includes a meal every 4–5 hours and 8 servings of fruits and vegetables.



Sharpshooter: Eat 8 servings of fruits and vegetables most days this week to boost your mood.



Marksman: Carry a healthy snack with you every day this week and eat it.

4 Mood Busters ... And How to AVOID them!



Make breakfast part of every day. Plan ahead and prepare it the night before.

- peanut butter and low-sugar jelly on whole grain bread with an orange and a hard-boiled egg
- place whole grain cereal in a storage bowl and top with chopped nuts and raisins. In the morning add milk and a ½ of banana and enjoy with a hard-boiled egg.



Next time you think about having an energy drink to boost your energy level, fuel first!

- Keep healthy snacks handy to have in between meals. Examples include: low-fat granola bars, mixed nuts, & portable fruits such as bananas, apples and oranges.



Build a nutrition plan. Use these three steps to get started:

- Assess current eating habits—how often do you eat? What do you eat? Write it down.
- Schedule a meal or snack every 4–5 hours during the day, starting with breakfast.
- Plan your meals. Busy day? Make breakfast, lunch and snacks the night before.



Make fruits and vegetables part of every meal and have as snacks:

- Always have a salad with lunch and dinner.
- Keep portable fruits handy for snacks such as apples, oranges and bananas.
- Instead of filling up your plate with heavy starches, fill up with 1–2 different cooked vegetables.

Module 13: Leader's Guide



Learning Objectives:

- 1) Explain why nutrition is important for mood and a positive outlook.
- 2) Describe appropriate food choices and fueling techniques to use throughout the day.

PREPARE:

- Review the module and nutrition information.
- Review material under 'Read This!'
- Hang poster listed under 'Use This!'

OPTIONS FOR GROUP DISCUSSIONS:

- Discuss how food can influence your energy levels throughout the day.
- Discuss 'mood busters' strategies that can help Soldiers eat breakfast and avoid skipping meals.
- Discuss the importance of choosing healthy foods over caffeine, sugar and high-fat foods to boost mood.

PRACTICAL EXERCISE OPTIONS:

- Help Soldiers create a list of food/beverage (fuel) choices for healthy snacks in between meals. Have them track how it helps improve their mood.
- Have Soldiers develop a nutrition plan that includes breakfast, regular meals and snacks, and 8 servings of fruits and vegetables.

AAR:

Discuss with Soldiers the different fueling strategies used to help promote a better outlook.

- What were the pros and cons?
- What did they do differently?
- How did they feel?
- What, if any, barriers were there?

resources

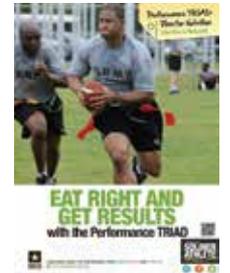
Read This!

- Warfighter Nutrition Guide — Healthy Snacking: <http://bit.ly/warfighterhealthysnacking>
- Eat Right and Get Results: Nutrition Tips for the Soldier Athlete Tip Card at: <http://bit.ly/nutritiontipcard>
- AR 40-25, "Nutrition and Menu Standards for Human Performance Optimization": <http://bit.ly/AR4025>



Use This!

- Eat Right and Get Results Poster: <https://usaphcapps.amedd.army.mil/HIO-ShoppingCart/viewItem.aspx?id=574>



Watch This!

- Good Mood Food: <http://bit.ly/goodfoodandmood>

Explore This!

- USDA's Choose My Plate: <http://www.choosemyplate.gov/>
- Centers for Disease Control and Prevention: Nutrition Basics: <http://bit.ly/cdcnutrition>

Download This!

- Fooducate™
- Navy Operational Fitness and Fueling Series (NOFFS) — *Nutrition and Meal Builder*

SLEEP, Your Secret Weapon

Sleep is critical for strong relationships, emotional health and well-being. For many people, sleep is sacrificed not just for work but for all of the other activities that fill up our days. There are just so many things that need to be done! While we seem to gladly give up sleep to work or play, it might not be our best choice. Studies show that consistently getting one additional hour of sleep is associated with 16% increase in salary. More sleep translates into more money!

Going without much sleep is often seen as a badge of honor, but “Sleep is Ammo for your brain,” as it helps you to perform better and to be a better you. Research indicates that lack of sleep impairs mood and motivation, contributes to chronic diseases, mental illnesses, and poor quality of life. Sleep shapes how well we feel, behave, and learn.

DID YOU KNOW?

- University of Michigan researchers showed that when you sleep better, you look better.
- 43% of Americans between 13 and 64 say they rarely or never get a good night's sleep on weeknights.
- 70% of high school students are not getting adequate sleep during the week.
- Research showed that students who got better grades got more sleep than lower performing students.
- 65% of Americans lose sleep because of stress.
- 32% of American lose sleep at least one night per week.
- Family problems, personal finances and current events are the top three reasons keeping us from sleep.



Sleep Thieves

Despite good sleep habits, some people still find it hard to fall asleep. Some of these issues include:

- Thinking about things to be done tomorrow
- Thinking about events that happened during the day
- Emotionally upsetting conversations right before bed
- Watching the clock
- Wandering or busy mind

These are all manageable and there are several things that can help settle the mind. These include:

- Writing down all that is on your mind. Then put it aside for tomorrow
- Deep breathing exercises
- Relaxation exercises such as progressive muscle relaxation
- Visualization or guided imagery exercises
- Meditation
- Mental focusing exercises

(Additional information can be found on the Resource page)

Mind Games

You need good sleep habits to ensure healthy sleep. When you're preparing to sleep, ensure you have a routine that allows you time to wind down. Focus on relaxation, breathing and healthy sleep. You can also use this time to connect with your partner to strengthen your relationship. When going to bed:

- Avoid thinking about other things, like tomorrow's to-do list or stressors, which can keep you awake, alert and unable to fall asleep.
- Ensure the light from your electronics are covered, better yet get it out of the room.
- Ask yourself whether you are doing something that could wait for another day. Consider putting it off for tomorrow or the weekend to avoid staying up too late and feeling tired the next day.

Most Soldiers have a highly developed survival response called the fight or flight instinct, but an underdeveloped relaxation response. Practicing any of the techniques in the resource section three time a week will improve your relaxation response. Try one of these or select from the resource page:

- Guided Relaxation-Stairs <http://bit.ly/walkstairsrelax>
- Mind-Body Guided Meditations <http://bit.ly/Navyguidedmp3>

Tailor your relaxation training to the type of music and voice that works best for you.



Warning!

Do not use any of these relaxation exercises when you are required to pay full attention to the task at hand.
YOU MAY FALL ASLEEP!

TARGETS



Expert: Practice relaxation techniques or focusing techniques to quiet the brain before bed and wind down every day for the next 30 days.



Sharpshooter: Schedule and protect your 8 hours of sleep time for the next 7 days.



Marksman: Establish your wind down routine 60 minutes before bedtime for the next 7 days.



Module 14: Leader's Guide



Learning Objectives:

- 1) Describe how sleep affects your mood and relationships.
- 2) Describe different relaxation techniques.

PREPARE

- Read and review items in the resources section.
- Review the relaxation exercises available to Soldiers.
- Contact a Master Resilience Trainer to provide stress management and relaxation exercises for your team.

OPTIONS FOR GROUP DISCUSSION:

- Discuss team's experience with mood changes as a result of lack of sleep. Identify those times when it caused problems with your friends, family, or work relationships.
- Discuss the relaxation exercises and preferences of team members.
- Discuss bedtime routine and the impact on team members and their relationships with friends, family, and coworkers.

PRACTICAL EXERCISE OPTIONS:

- Integrate a relaxation technique into your daily bedtime routine.
- Eliminate electronic use or TV viewing to get 30 minutes more sleep.
- Name other activities or tasks that you could put off until the following day or weekend (or eliminate) so you can get more sleep.
- Have the MRT provide a class on stress management and relaxation.

AAR:

Review impact of sleep on mood or relationships and efforts to gear down and relax before bed.

- What were the pros and cons?
- What did they do differently?
- How did they feel?
- What, if any, barriers were there?

resources

Read This!

- Combat and Operational Stress Control Manual for Leaders and Soldiers: <http://bit.ly/FM6-22>
- Lack of Sleep Hurts Relationships: <http://bit.ly/nosleephurtrel>
- Sleep Your Way to a Better Relationship: <http://bit.ly/sleepforbetterrel>
- Sleeping Beauty: Science Proves Beauty Rest Is Real: <http://bit.ly/sleepmakesyoumoreattractive>

Use This!

- Loss of Sleep poster: <http://bit.ly/lossofsleep>
- Sleep Well, Be Alert, Get Focused poster: <http://bit.ly/sleepwellposter>

Watch This!

- Sleep Debt and Relationships: <http://bit.ly/sleepdebtandrela>

Explore This!

- Real Warrior and Sleep: <http://bit.ly/MentalSkills>
- Harvard Public Education: <http://bit.ly/HarvardPubliceducation>
- Can a full night's sleep make you more money?: <http://bit.ly/sleepcanmakeyoumoney>

Download This!

- Breathe2Relax App and Mindfulness App
- Guided Meditations: <http://1.usa.gov/1szmxom>
- Mind-Body Guided Meditations: <http://1.usa.gov/1szmxom>
- Progressive Muscle Relaxation: <http://bit.ly/PMRrelaxation>



**THE PROFESSIONAL SOLDIER ATHLETE HAS TO APPLY
ELITE HEALTHY LIFESTYLE SKILLS DURING SUSTAINED
OPERATIONS. DOING SO WILL BEST PREPARE THEM FOR AND
SUSTAIN THEM DURING THE MISSIONS AND CHALLENGES THEY FACE.**

SUSTAINED OPERATIONS



chapter contents

- Module 15: Staying the Course
- Module 16: Sleep: The Decisive Edge
- Module 17: Fueling for the Field and Missions
- Module 18: Cross Training for Fitness:
Power through any Challenge

THE
PROFESSIONAL SOLDIER ATHLETE
HERE IT'S **NOT A GAME**

Staying the Course

As a member of the Profession of Arms it is your duty to optimize your health. This is not a road you must travel alone. The Performance Triad is designed to teach you how sleep, activity and nutrition can be a force multiplier in helping you become more ready and resilient. As you optimize your health, you improve the readiness of the Force and our Nation's security.

Establishing goals is a healthy way to fuel your ambitions. As a Soldier you have already accomplished many goals and understand that the path to success is rarely a straight line. Use those lessons learned to help you develop contingency plans for the obstacles that lie ahead.

Building a network of support—whether it's friends, family, comrades, or team leaders—will increase your chances for success. Professionals are also available to assist you when the going gets tough. Open communication builds trust, brings the road ahead into focus, and allows your team to breathe a little easier.



Stay Strong and Finish Strong

The mission depends on you being your best!

I optimize my performance because my fellow Soldiers depend on me...



to maintain a decisive edge and complete the mission;



so that we can return home to what matters most!



DID YOU KNOW?

- People who develop support mechanisms increase their chance of success by 50%.
- Most successful people fail several times before reaching their goals. President Abraham Lincoln lost five political elections, prior to becoming the 16th President of the United States.

Commit Yourself to the Process

- Greatness requires sacrifice. The good news is that you are not alone, others can help you build momentum. Every road march begins with that first step. Aim high, your mentors and leaders were once in your position. Study your commander’s philosophies then ask them to help you chart your road ahead.
- The Army Career Tracker is an online tool that can help you focus on your short and long range military goals. <https://actnow.army.mil>.
- It is inevitable that you will confront obstacles regardless how well you plan. Therefore, developing contingency plans will help you retain control and realize that set backs do not have to derail your entire plan.



Monitor Your Progress

- Failing to monitor your progress is a pitfall for losing motivation.
- “Checking the box” often is motivating. How good did you feel when you completed your first 12 mile road march or lost those first 3 lbs? I am sure meeting those goals motivated you to set new ones.
- Technology can be an excellent motivational tool that helps you monitor your progress. They provide actionable information to let you know when more is needed so that you can make appropriate course corrections. Friends and on-line communities can also keep you moving.
- Celebrate every success because you have earned it. Discover ways to celebrate without compromising your hard earned gains. Instead of celebrating over dinner, take in a movie, get a massage or go shopping.

TARGETS



Expert: Develop a contingency plan to overcome a barrier and put it into action for one week.



Sharpshooter: Write down 3 solutions to overcome your barriers.



Marksman: Discuss your barriers with a member of your team.

Soldier Concerns	Contingency Plans
How do I know which Performance Triad behavior to focus on?	All behaviors are important and reinforce each other, just pick one and do it!
What if I am injured?	Scaling and modifying your workouts will keep you active and engaged in your recovery. Your leaders or healthcare team can help you develop a plan.
I do not have enough time to eat a healthy lunch.	Prepare your meals in advance. Small coolers are great for storing your home-prepared meals.
I’m too busy to meet all of the Performance Triad goals.	Make priorities; develop time-management skills to help you deal with life’s challenges and make healthier choices.
I work out a lot, isn’t that enough?	You can’t ‘out-exercise’ a poor diet! Think of how much better you’d be if you were well rested and fueling properly!
I have been working hard to improve but I am not seeing results!	Stay the course and persevere! As you find obstacles use the guide to find ways around them to reach your goals.

Module 15: Leader's Guide



Learning Objectives:

- 1) Identify common barriers and develop contingency plans.
- 2) Provide recommendations that help you stay committed to your personal goals.

PREPARE:

- Review the module.

OPTIONS FOR GROUP DISCUSSIONS:

- Review the module with your team and provide Soldiers with a copy of the command philosophy.
- Discuss preparation for upcoming physical training activities.
- Discuss barriers to meeting sleep, activity and nutrition goals.
- Discuss reasons not to succumb to self doubt, make excuses or abandon your goals when the results are not quickly achieved.
- Discuss how technology can improve your knowledge about your performance and abilities.

PRACTICAL EXERCISE OPTIONS:

- Review the Soldiers' SMART goals, help them create short range goals that will give them quick wins and help them remain focused.
- Discuss changes that will improve their success.
- Have Soldiers visit the Army Career Tracker website to learn about career options, request mentorship and increase their knowledge about the Military.
- Give examples of formal and informal mentorship.

AAR:

- Did you find it easy to share your goals and barriers?
- Were the Soldiers' short and long term goals well aligned?
- Were there common barriers?
- Are there actions the unit can take to mitigate some of the common barriers discussed?

resources

Read This!

- TRADOC Pamphlet 600-4; The Soldier's Blue Book
- TRADOC Pamphlet 532-3-7: The U.S. Army Human Dimension Concept
- AR 600-63: Army Health Promotions

Explore This!

- Human Performance Resource Center: <http://hprc-online.org>
- Reach out to a Master Resiliency Trainer and review: CSF2 Goal Setting Information: <https://www.sft.army.mil>
- Public Health Command's Ready and Resilient Campaign (R2C): <http://bit.ly/R2C-15>
- Army Master Fitness Trainers: <http://bit.ly/MasterFitnessTrainers>
- Visit Armyfit and retake the GAT to see how small changes are making a big difference in their health: <https://armyfit.army.mil/Protected>

Download This!

- Army MRT: <http://csf2.army.mil/mrtresource.html>
- Time management / Timeful: <http://www.timeful.com>
- Time management / Lifetick: <https://www.lifetick.com>

Sleep: The Decisive Edge

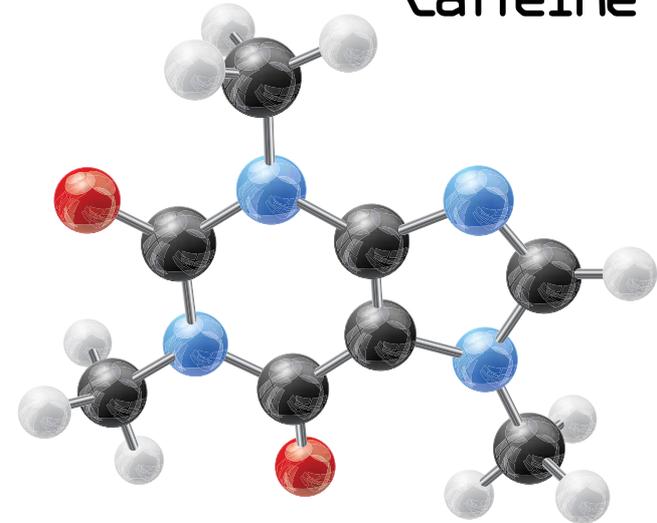
Sleep gives us the decisive edge needed for sustained or continuous operations. Anything less than 7–8 hours of sleep every 24 hours impairs mental abilities such as thinking and judgment. Lack of sleep impairs simple tasks such as driving, identifying the enemy, or plotting grid coordinates. Sleep planning is critical to mission success and gives a decisive edge.

In sustained or continuous operations sleep is likely to be limited depending on operational tempo and mission demands. Leaders responsible for implementing deliberate sleep management strategies must ensure this is included in mission planning. Providing adequate sleep before a mission will ensure that we bring sharpened, focused, and mentally agile fighting force to bear down on the enemy.

DID YOU KNOW?

- Individuals who get only 4 to 5 hours of sleep each night experience loss of performance. This may lead to accidentally falling asleep at critical times even while driving.
- Lack of sleep decreases ability to make sound decisions. This limits your situational awareness and ability to plan which can lead to poor choices.
- Sleep loss affects tasks like integrating range cards, coordinating fire and maneuver, and detecting and appropriately determining a threat level.
- Caffeine may temporarily improve performance and alertness when getting adequate sleep is not possible.
- Caffeine is most effective when there is no sleep debt.
- Timing of caffeine is important — see table.
- Caffeine does not replace sleep or reduce sleep debt, so recovery sleep will be needed following sustained or continuous operations.

Caffeine



Caffeine Dosing Schedule

Tactical Caffeine Use	No caffeine use 5 to 7 hours prior to initial tactical use
Sustained Ops (no sleep)	200 mg @ 0000 (1 cup of coffee)
	200 mg again @ 0400 and 0800h, if needed Use during daytime (1200, 1600) only if needed
Night Ops (with daytime sleep)	200 mg @ start of night shift
	200 mg again 4 hours later Last dose: at least 6 hrs away from sleep period
Restricted Sleep (6 or fewer hours of sleep)	200 mg upon awakening
	200 mg again 4 hours later Last dose: at least 6 hrs away from sleep period

How to Achieve Maximum Sleep in Sustained Operational Environments:

BEFORE SUSTAINED OPERATIONS



Up to 2 weeks prior:

Get 8 or more hours of sleep to pay down sleep debt and bank your sleep to start the mission with a full bank.

To optimize sleep quality stop caffeine and alcohol use at least 6 hours before scheduled sleep.



DURING SUSTAINED OPERATIONS



Maintain separate day and night shift sleep tents to reduce light, sleep disruptions, and improve sleep quality.

Take tactical naps whenever possible to accumulate 7–8 hours per 24 hours. Naps of 10–30 minutes are ideal for improving alertness and performance.

Naps greater than 30 minutes may result in sleep inertia (lethargy upon awakening) that usually goes away after a few minutes.

Use 10–15 minute sessions of exercise to increase alertness as appropriate.

Follow the tactical caffeine dosing.



AFTER SUSTAINED OPERATIONS



To pay down sleep debt after periods of sleep deprivation, plan additional sleep time.

8 hours or more of sleep per 24 hours ensures speedy return to optimal performance and alertness.



TARGETS



Expert: Identify current sleep debt. Create a plan for sleep recovery where you will get additional sleep, and execute plan to erase sleep debt over the next 7 days.



Sharpshooter: Get 8 hours of quality sleep for 7 nights.



Marksman: If you have a sleep debt, take tactical naps when possible during sustained or continuous operations, to maintain mental sharpness.

In anticipation of sustained or continuous operations

- Get 8 or more hours of sleep each night and do so consistently.
- Create a deliberate sleep plan to maximize the warfighters' ability to get 7–8 hours of sleep every 24 hours.
 - Planned naps.
 - Create a sleep friendly area that is dark, cool, and quiet for highest quality sleep.
- Use recommended caffeine dosing and tactical naps when operations require extended awake time to maximize performance.
- To allow sleep recovery after sustained operations for both garrison and field environments, plan extra sleep time to include multiple days with additional hours of sleep.



Learning Objectives:

- 1) Describe strategies to maintain cognitive performance during sustained or continuous operations.
- 2) Instruct on tactical caffeine use to maintain performance during sustained or continuous operations.

PREPARE

- Read and review items listed under 'Read This!' and 'Use This!'
- Arrange for controlled use of caffeine gum. Consult with command surgeon, military physician, or PA prior to planned use (NSN 8925015301219 Stay Alert Energy Caffeine Gum).

OPTIONS FOR GROUP DISCUSSION:

- Discuss the link between sleep and performance in sustained or continuous operation.
- Discuss sleep debt and strategies to reduce.
- Discuss the benefits and drawbacks of tactical caffeine use to assist with alertness.

PRACTICAL EXERCISE OPTIONS:

- Prepare a sleep plan for your group for a hypothetical or upcoming training event. Integrate reducing sleep debt, sleep recovery, tactical naps, shift work, and caffeine dosing.
- Have Soldiers identify caffeine amounts in favorite drinks and food, and have a controlled, trial use of the caffeine gum.
- Determine how much sleep debt you have.

AAR:

Review results of your efforts to reduce sleep debt, create a sleep plan and use caffeine gum for alertness.

- What were the pros and cons?
- What did they do differently?
- How did they feel?
- What, if any, barriers were there?

resources

Read This!

- Sleep Tactics Tip Card: <http://bit.ly/sleeptacticsforsusops>
- FM 6-22.5, Leaders Guide to Combat and Operational Stress Control, Chapter 4: <http://bit.ly/FM6-22>
- "Managing Sleep to Maintain Performance" (page 37 of "The Performance Triad Guide), Using Caffeine," and caffeine dosing for alertness during sustained operations (page 38 of "The Performance Triad Guide).

Use This!

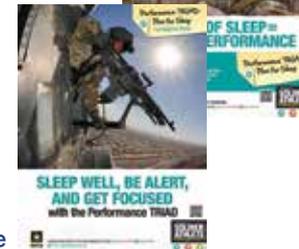
- Loss of Sleep poster: <http://bit.ly/lossofsleep>
- Sleep Well, Be Alert, Get Focused poster: <http://bit.ly/sleepwellposter>

Watch This!

- Dr. William Dement on Healthy Sleep and Optimal Performance: <http://bit.ly/1xwduqo>

Explore This!

- Sources of Caffeine: <http://bit.ly/HPRCsourcesofcaffeine>
- Benefits of Napping: <http://bit.ly/benefitofnap>
- Warfighter sleep needs: <http://bit.ly/warfightersleepneeds>
- Use of caffeine gum: <http://bit.ly/HPRCcaffeinegum>
- Assess your sleep needs: <http://bit.ly/assesssleepneed>
- Sleep in deployed settings: <http://bit.ly/sleepindeployedsettings>
- Caffeine use information: <http://bit.ly/caffeineinfo>





Fueling for the Field and Missions

Deployments and field operations demand a properly fueled body. Proper fueling can mean the difference between top performance and mission failure.

Nutrient timing for peak performance is key to fueling your body with the right nutrients at the right time for maximum results.

Poor nutrition in extreme conditions (hot, cold, high altitude) can lead to fatigue, rapid weight loss, injury, illness, and dehydration.

DID YOU KNOW?

- As little as 2% dehydration can lead to fatigue and impaired performance during combat.
- Performing in a hot environment burns 10% more energy.
- Performance in cold weather increases energy requirements by 25–50%.



Estimate your daily energy needs

Step 1:

Men: Weight (lbs) x 12 = _____

Women: Weight (lbs) x 11 = _____

Step 2:

Answer from Step 1: _____ x AF x ENV = _____ daily energy needs

Activity Factor (AF)

- 1.25 (Sedentary)
- 1.50 (Light to moderate activity)
- 1.75 (Heavy activity)
- 2.20 (Exceptional activity)

Environment Factor (ENV)

- 1.0 (Normal)
- 1.1 (Heat)
- 1.25–1.5 (Cold)
- 1.15–1.5 (Altitude)
- 1.2 (Water immersion)

(example[male]): 145 lbs x 12 = 1740 x 1.5 x 1.1 = 2871 calories per day

MREs

Find out what's in your MRE and how many you should eat to meet your daily nutrition needs in the field. Go to the ComRaD website (<http://bit.ly/rations>).



Nutrition Facts

MREs 2014, MENU 2		Calories from Fat 419
Calories 1,326		
		% Daily Value
Total Fat 47g		71%
Saturated Fat 17g		85%
Trans Fat 2g		
Cholesterol 154mg		51%
Sodium 3,928mg		165%
Potassium 1,592mg		45%
Total Carbohydrate 162g		56%
Dietary Fiber 16g		64%
Sugars 54g		
Protein 72g		
Vitamin A 62%	Vitamin C 102%	
Calcium 35%	Iron 55%	
Vitamin E 19%	Vitamin K 0%	
Thiamin 139%	Riboflavin 35%	
Niacin 33%	Vitamin B6 62%	
Folic Acid 35%	Vitamin B12 5%	
Phosphorous 89%	Iodine 3%	
Magnesium 45%	Zinc 87%	
Selenium 170%		

Get 1326 calories and 64% of your daily fiber in the Beef BBQ MRE!

Warfighters have unique nutritional requirements compared to the general public. See the ComRaD FAQ for more information.



Fueling for the Field and Missions

MISSION PREP

Top off the fluids and put fuel in the tank

HERE'S WHY

Drinking water before missions can help prevent dehydration

The first fuel your body uses during strenuous activity is carbohydrates. Carbohydrates improve your performance.



SUSTAIN

Replenish fluids and refill as needed

HERE'S WHY

Tailor the Army Hydration Guidelines for the mission and environment

Drink up to 4–8 ounces of water every 15 minutes during strenuous activity but don't exceed the Army Hydration Guidelines.

After an hour of sustained strenuous activity, energy stores are depleted. To maintain your edge, eat a snack every 45 minutes during sustained operations.

MISSION COMPLETE

Refill your tank

HERE'S WHY

Refueling your body for the next mission is critical

The best way to refuel is 30–60 minutes after a strenuous mission.

Eat a blend of protein and carbohydrates. Continue to rehydrate.

TARGETS



Expert: Estimate how many calories you need for your next mission (and eat them).



Sharpshooter: Refuel 30–60 minutes after a physically demanding mission.



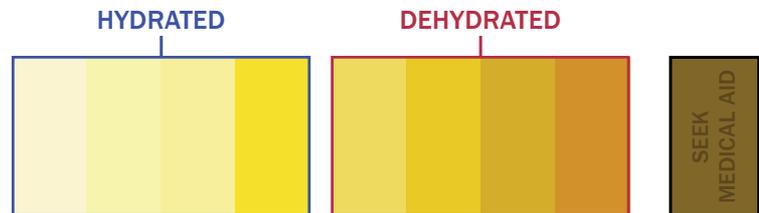
Marksman: Eat a large enough meal to sustain you through the first 3 hours of your mission.

FUEL IN THE FIELD

- Make time to fuel. Refuel every 4–5 hours—avoid going more than 5 waking hours without eating.
- Snack when you can. Choose carbohydrate- and energy-rich choices such as dried fruits, nuts, and trail mixes and unopened snack items from rations to eat on the run.
- Eat calorie-dense and nutrient-rich foods such as MRE main entrees and crackers with peanut butter or cheese spread.
- Refuel with carbohydrates and protein 30–60 minutes after a strenuous mission or activity. Examples include chocolate milk and a banana, sports bar, or an MRE dairy shake.

REHYDRATE

- Rehydrate with enough fluids.
- Check your urine color below!



Your hydration level is okay. Drink water as normal.

You need to hydrate yourself! If your urine color is on the left end of this box, hydrate with 1/2 bottle of water (or a whole bottle if you're outside sweating). If your urine color is on the right end of this box, drink 2 bottles (1 liter) of water now.

If your urine is red and/or brown, seek medical aid. Your hydration level may or may not be the problem causing this.

Module 17: Leader's Guide



Learning Objectives:

- 1) Describe the performance benefits of eating right during a mission.
- 2) Define optimal nutrition habits for your mission.

PREPARE:

- Review the module and resources.
- Review the Nutrient Section of the Training Guide.
- Review Mission Nutrition for Combat Effectiveness.

OPTIONS FOR GROUP DISCUSSIONS:

- Review the module with your team.
- Discuss the performance benefits of eating right during a mission.
- Discuss optimal nutrition habits for your missions.
- Discuss examples of foods/beverages to use before, during and after missions.

PRACTICAL EXERCISE OPTIONS:

- Help Soldiers create a list of ration choices to use before, during and after a mission.
- Have Soldiers track how food choices and regular fueling help them improve their mental focus and physical performance.
- Have Soldiers monitor their fluid intake before, during and after the next mission.
- Have Soldiers calculate calories burned for a 12 mile ruck march with a 50 pound load at 4 miles per hour.

AAR:

Discuss with Soldiers the different fueling and hydration strategies used before, during, and after field training.

- What were the pros and cons?
- What did they do differently?
- How did they feel?
- What, if any, barriers were there?

resources

Read This!

- Mission Nutrition For Combat Effectiveness: <http://bit.ly/warfighternutrition>
- TB MED 507, "Heat Stress Control and Heat Casualty Management": <http://bit.ly/TBMED507>

Use This!

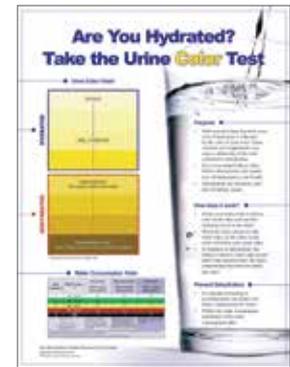
- Urine Chart Poster to hang in latrines: <http://bit.ly/urinechart>

Watch This!

- Mission-Specific Nutrition: <http://bit.ly/performance nutrition>

Explore This!

- Human Performance Resource Center—Nutrition: <http://bit.ly/HPRCnutrition>
- Calculate your daily energy requirements: <http://bit.ly/hprcnutrition>
- Calculate your caloric burn: <http://bit.ly/calorieburncalc>
<http://bit.ly/burnperhour>



notes



Cross Training for Fitness

During sustained operations Soldiers will face long days, limited sleep or rest options, and a wide variety of physical requirements. Prepare yourself by doing different fitness activities with limited equipment and building your ability to carry and wear loads like body armor. Ideally, this should be done prior to the mission to maximize your performance.

Well-Rounded Fitness is Important

- Soldiers using strength and cross-training have up to 50% fewer injuries and do better on functional testing.
- There's more to endurance training than running. Try the endurance machine options from FM7-22 Figure 10-12, especially the bike and the rowing machine.

Limit Your Running to Avoid Overuse Injuries

- Soldiers who run more than 30 min, 3 times a week are at increased risk of injury. Most Soldiers don't need to do more than that.
- Running more than 30 min, 3 times a week won't improve your APFT score further—focus on functional fitness.

Build your Ability to Carry and Wear Combat Gear

- Wearing body armor makes functional tasks 16–60% more difficult—focused training will make it easier!
- Mixed fitness programs, including resistance training and circuit training found in FM7-22, can improve your ability to wear body armor and a rucksack by up to 30%!
- Train as you fight! Road marching and walking with body armor with progressively more weight is the best way to get better at dismounted movement. See FM 21-18.

POWER THROUGH ANY CHALLENGE

Are You Ready for the Challenge?

Sustained operations can involve many challenges— are you ready? Soldiers must be able to sprint, carry heavy objects, ride for hours in a combat vehicle, lift equipment, climb, conduct dismounted patrols, and react to contact—all while wearing body armor!



Train as you fight by practicing marches and dismounted movement.



Cross Training for Well-Rounded Fitness

In Garrison or at Home

- Change up your routine! Don't fall into the trap of doing the same old workout—reach your goals by challenging yourself to try new things.
- Find a new fitness activity and stick with it! Learning new skills and different kinds of conditioning will give you the confidence and fitness to power through any challenge.
- Give it time! It takes at least 6 weeks to see a real improvement from training in a new kind of fitness activity.

Field Training or Deployment

- Equipment and gym space may be limited or non-existent, but as a Soldier, you must maintain yourself—find ways to stay fit!
- Bodyweight exercises like pushups, lunges, and squats are great options for austere environments.
- Create or improvise your own strength equipment—but remember safety first! Water cans, ammo cans, sandbags, duffel bags, body armor (worn or held) and other items give you good field-expedient options!

Vacations, TDY, or During PCS

- These busy times will present challenges to your fitness routine. Planning ahead will keep you on track.
- Plan some time each day for workouts, even if it's just 10 minutes a day.
- Body weight conditioning exercises and strength drills can be done anywhere!

TARGETS



Expert: Build a new exercise routine for your next sustained operation and do it for 6 weeks.



Sharpshooter: Perform 2–3 sessions of strength training per week + 1 day of agility training, for 6 weeks.



Marksman: Challenge yourself with 3 different exercises for one week.

Need ideas?

Strength and mobility options: barbells, dumbbells, kettlebells, medicine balls, rope climbing, body weight strength drills, elastic bands, improvised strength equipment like 5 gallon water cans or filled duffel bags

Conditioning options: Shuttle runs, upright stationary bike, swimming, spinning bike (try a class!), elliptical trainer, rowing machine, conditioning drills, martial arts



Module 18: Leader's Guide



Learning Objectives:

- 1) Explain why cross training is important for Soldiers' well-rounded fitness.
- 2) Describe ways to stay fit when you don't have access to a gym or fitness center.

PREPARE:

- Be prepared to give Soldiers ideas on how to break out of their exercise routine and build well-rounded fitness.
- Have a list of options ready for field-expedient or minimal equipment fitness activities.
- Review FM21-18, Foot Marches.

OPTIONS FOR GROUP DISCUSSIONS:

- What are the different fitness challenges imposed by sustained operations? Use a personal example if you can.
- Have Soldiers discuss ways to stay fit in different environments—field, garrison, or vacation/TDY.

PRACTICAL EXERCISE OPTIONS:

- Build a foot march program for your unit using FM 21-18—remember start slow and work up.
- Have Soldiers design safe improvised strength equipment and try them out as a group.
- Do a 'no-equipment' fitness challenge as a group.
- Meet Soldiers at the gym to get an overview of the different equipment available.

AAR:

Discuss with Soldiers their experiences building well-rounded fitness and readiness.

- What were the pros and cons?
- What did they do differently?
- How did they feel?
- What, if any, barriers were there?

resources

Read This!

- FM 7-22: Conditioning Drills, Climbing Drills, Strength Circuits, Obstacle Negotiations, Guerilla Drills
- FM 21-18: Foot Marches



Use This!

- 'Get Fit, Not Injured!' Poster: http://bit.ly/GetFit_NotInjured

Watch This!

- Human Performance Program Guides: <http://bit.ly/HPRC-Exercise>
- HPRC Vertical Core Series Videos: <http://bit.ly/HPRC-VerticalCore-Videos>

Explore This!

- ArmyFit Workouts: <https://armyfit.army.mil/programs/workouts.aspx> [login required]

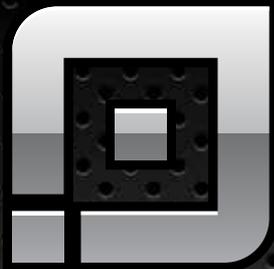
Download This!

- American College of Sports Medicine's bodyweight routine here: <http://bit.ly/ACSM-Basic-Bodyweight>

notes

THE PROFESSIONAL SOLDIER ATHLETE IS A STRONG ROLE MODEL FOR FAMILY, FRIENDS, AND COMMUNITY MEMBERS. ENGAGING OTHERS IN A HEALTHY LIFESTYLE NOT ONLY SUPPORTS SOLDIERS' HEALTH, BUT THE HEALTH OF THOSE AROUND THEM.

SOCIAL, FAMILY, SPIRITUAL



chapter contents

- Module 19:** The Strength of the Nation — The Army Family Community
- Module 20:** Soldier and Family Nutrition
- Module 21:** Friends, Family, Faith and Fitness
- Module 22:** Sleep for Stronger Relationships

THE
PROFESSIONAL SOLDIER ATHLETE
HERE IT'S **NOT A GAME**



The Strength of the Nation – The Army Family Community

Soldiers, friends, spouses, significant others and children make up our Army Family. The Army Family is strong with a deep sense of community.



**In the Army Family,
you are never alone.**

**DID YOU
KNOW?**

- Incorporating the Performance Triad will support emotional, spiritual and mental health and well-being for you, your family, and your friends!
- Healthy sleep, activity, and nutrition should be reinforced at home within each Army Family Member.
- Healthy habits are contagious. Lead the way with your example.
- Families and friends will benefit from improved performance— at school, at home, at work, and across the Life Space.



*Help your Family and friends be all they can be
with the Performance Triad!*

**DID YOU
KNOW?**

- The Army MWR programs like B.O.S.S. and Army Community Service are designed to include social, fitness, spiritual & recreational activities to promote life balance. (AR 215-1)
- 80% of families value mealtime together, yet 33% successfully achieve daily family meals. Having regular meals are linked to:
 - > Educational success
 - > Decreased likelihood of smoking, drinking or using drugs
 - > Closer family relationships
 - > Healthier eating habits<http://www.cfs.purdue.edu/CFF/promotingfamilymeals>
- Families who role model healthy behaviors such as sleep, exercise, and nutrition are more likely to have children who make healthy choices.
- Regular attendance at church or other community of faith gatherings has been linked with lower rates of depression and reduces the risk of dying by 25%. A likely reason for this is that people with a sense of connection to a higher power, and having a sense of purpose in life helps them work through life challenges.




SLEEP

- ⌘ Schedule quiet time for your family to promote calming mood before bed
- ⌘ Commit to a bedtime routine
- ⌘ Commit to a consistent sleep/wake schedule
- ⌘ Turn off your phone or use the do not disturb feature at a designated time each night to allow for relaxation time.



ACTIVITY

- ⌘ Group fitness habits build your Army Family
- ⌘ Turn TV commercials into fitness breaks
- ⌘ Don't be a barracks rat! Get out and explore your community
- ⌘ Take a walk after dinner with your friends/family
- ⌘ Trouble talking to your teen or a friend? Take a walk and the conversation may flow more freely



NUTRITION

- ⌘ Make meal time a social event!
- ⌘ Set the example, order first and make healthy choices, your friends and family will follow
- ⌘ Slow down and enjoy your meal — you'll feel full faster
- ⌘ Empower your family and friends to keep you honest about your food choices
- ⌘ Replace the junk drawer with healthy snacks to make it easy to make healthy choices

TARGETS



Expert: Be a leader, set the example organize a fun outing for your family and friends that incorporates a healthy lifestyle.



Sharpshooter: Encourage family and friends to sign up for a group challenge related to sleep, activity, or nutrition.



Marksman: Identify some of your friends or family who could help you meet your goals.



COMPREHENSIVE SOLDIER & FAMILY FITNESS
BUILDING RESILIENCE ★ ENHANCING PERFORMANCE

Families can access H.E.A.L.T.H. and ArmyFit to create a personalized plan, track progress, and locate resources.



Learning Objectives:

- 1) Promote what you have learned with family and friends.
- 2) Describe how you together with family and friends can reach goals together.

PREPARE

- Explore the B.O.S.S site and look for opportunities for single soldiers to strengthen relationships.
- Prepare examples of how you engaged your family/community to create a goal together.

OPTIONS FOR GROUP DISCUSSION

- Discuss how to get Family and friends involved in making healthier choices for sleep, activity, and nutrition.
- Discuss how to have a conversation with family/friends about living a Performance Triad lifestyle.

PRACTICAL EXERCISE OPTIONS:

- Role play talking to family/friends on the benefits of sleep, activity, and nutrition.
- Find 1 group activity in your area that Soldiers could choose to attend together that foster healthy lifestyles.
- Find 1 group activity in your area that Soldiers could volunteer to foster healthier communities.

AAR:

Review results of your efforts to engage your social community.

- What were the pros and cons?
- What was done differently?
- How did they feel about the changes?
- What, if any, barriers were there?

resources

Read This!

- ArmyFit Tip Card: <http://bit.ly/ArmyFit-tipcards>

Watch This!

- Army Family are Army Strong: <http://bit.ly/Armyfamilyarmystrong>

Explore This!

- B.O.S.S: <http://bit.ly/1utOZqH>
- Army H.E.A.L.T.H.: <http://armyhealth.pbrc.edu>
- Comprehensive Soldier and Family Fitness: <http://csf2.army.mil>
- Eat right: <http://bit.ly/YUMReP>
- Human Performance Resource Center—Family Nutrition: <http://hprc-online.org/nutrition/family-nutrition>



notes



Soldier and Family Nutrition

Food plays a role in your performance in the gym, during missions, at home, at work, and everywhere in between. Your food choices are determined by several factors:



Making the best food choices isn't always easy (think about social or family gatherings). Sometimes eating healthy is not popular (friends, family, or co-workers may have conflicting nutrition habits or goals). In order to make healthier food choices, you have to:

- 1) **Plan ahead**
- 2) **Lead by example**
- 3) **Be assertive, confident, and respectful**

Planning for proper nutrition may require you to change your habits, but it doesn't mean you have to compromise your beliefs or traditions. Whole-some foods (whole grains, fruits, vegetables, and legumes) fit into even the most stringent beliefs.

DID YOU KNOW? **YOU ARE WHAT OTHERS EAT!**
*In group settings, you are more likely to copy the eating behaviors (healthy or unhealthy) of those around you.
 Break the mold—stay committed to your nutrition goals!*

Know the Correct Portion Size of Your Healthy Food Choices!

Portion Size Decoder

What is considered 'One Portion'?	Comparison
Fruits	
1 medium-sized fresh fruit 1 cup fresh or canned fruit	1 Fist
1/2 cup dried fruit (i.e., raisins)	1 Small Handful
Vegetables	
2 cups of green salad	2 Fists
1 cup of cooked or raw veggies	1 Fist
Grains	
1 cup dry cereal	1 Fist
1/2 cup cooked cereal, rice, or pasta	1 Handful
Proteins	
3 oz. cooked chicken, beef, fish	Palm (woman's)
1 tbsp. of nut butter	1 Thumb
1/4 cup cooked beans	1 Small Handful
Dairy	
1 1/2 oz. hard cheese	1 Thumb
1 cup of milk, yogurt	1 Fist
Oil, Margarine, Butter, Dressing	
1 tsp. butter, margarine, oil, dressing	1 Tip of Thumb
1 tbsp. of dressing	1 Thumb

For more information on portion sizes, go to www.choosemyplate.gov



How do you know if your current diet is helping you achieve your personal goals of looking and feeling your best? Analyze your current diet then develop and implement strategies to eat healthier!

What Dietary Improvements Can I Make?

- Increase my fruit and vegetable intake
- Decrease portion sizes
- Decrease frequency of dining out
- Lower my fat, saturated fat, and/or cholesterol
- Purchase healthier foods to have on hand

Who or What Influences My Food Choices the Most?

- Myself
- My friends
- My family
- Spiritual/Cultural beliefs

Where Do I Eat Most of My Meals?

- At home/barracks with home-cooked meals
- At home/barracks with take-out or delivery
- At work or sitting at a desk
- At the DFAC
- At fast food, food court, or sit-down restaurants

Did you know that by choosing healthy foods instead of junk food to satisfy your hunger, over time you can train your brain to like and crave healthy foods?

TARGETS



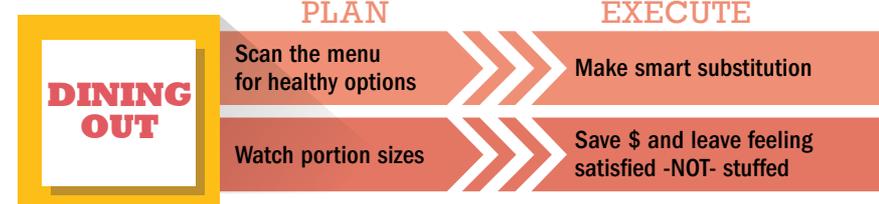
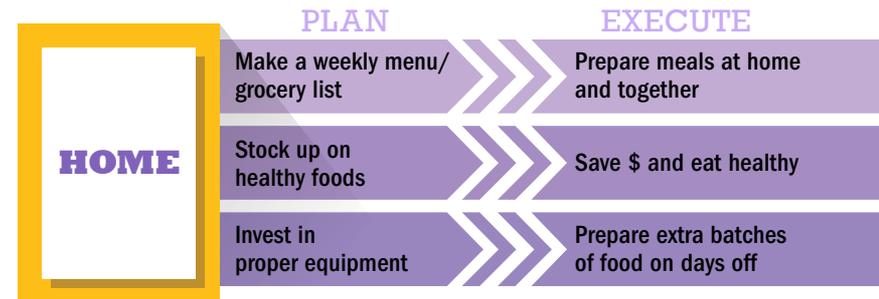
Expert: Partner with team members to plan and enjoy a healthy dinner with family and/or friends at least once a week for 6 months.



Sharpshooter: When dining out this week with friends and/or family, order first and choose a healthy option—see if others do the same.



Marksman: Include at least 8 different colorful fruits and vegetables on your grocery list and try to eat them most days of the week.



"If it is important to you, you will find a way. If not, you will find an excuse." —Unknown

Module 20: Leader's Guide



Learning Objectives:

- 1) Explain how to analyze and assess current dietary habits and identify areas to improve.
- 2) Educate participants about the importance of planning ahead and techniques to help them meet their nutrition goals in a variety of settings.

PREPARE:

- Review the module and nutrition reference section.
- Review material under 'Read This!'
- Hang poster listed under 'Use This!'

OPTIONS FOR GROUP DISCUSSIONS:

- Review the module with your team and provide Soldiers with the tip card(s).
- Discuss importance of knowing and recognizing proper portion sizes.
- Discuss how to grocery shop and prepare healthy meals at home.
- Discuss ways to modify food intake when dining out.
- Discuss meal planning.
- Discuss ways to increase fruit and vegetable intake.

PRACTICAL EXERCISE OPTIONS:

- Help Soldiers track their current diet by keeping a food record for the next 24–48 hours (write down everything they eat and drink). Use pen/paper, apps, or online tools.
- Compare results to www.choosemyplate.gov guidelines.
- Have Soldiers identify and implement at least 1 positive change to make to their current diet.
- Have them plan for this change in different scenarios (when dining out, eating in DFAC, etc.)
- Have Soldiers monitor their performance and adjust their plan to meet their performance needs and goals.

AAR:

Discuss with Soldiers how they can eat healthier in any setting.

- What were the pros and cons?
- What did they do differently?
- How did they feel?
- What, if any, barriers were there?

resources

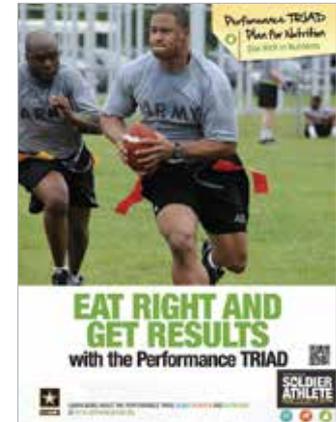
Read This!

- Eat Right and Get Results tip card: <http://bit.ly/nutritiontipcard>
- Feel Good, Stay Healthy...Eat Smart tip card: <http://bit.ly/eathealthytips>
- AR 40-25, "Nutrition and Menu Standards for Human Performance Optimization": <http://bit.ly/AR4025>



Use This!

- Go For Green Table Tent: <http://bit.ly/goforgreentent>
- Eat Right and Get Results Poster: <http://bit.ly/eatrightposter>



Watch This!

- Re-wind the Future by Children's Healthcare of Atlanta: <http://bit.ly/familyeatinghabits>
- Healthy Eating on a Budget: <http://bit.ly/eatingonbudgets>

Explore This!

- Evidenced based nutrition topics and trends: <http://bit.ly/foodandnutritionnews>
- Army H.E.A.L.T.H. — personalized nutrition plans: <http://bit.ly/personalizednutrition>

Download This!

- Fooducate™
- My Family Meal Planner Light



Family, Friends, Faith and Fitness

On duty and off duty Soldiers represent the U.S. Army—setting the example for others. You can be a positive influence on your friends, family, significant other, and your community with your actions. If your friends, family, and others see you being healthy and fit they are more likely to do the same!

Being Social Helps You Stay Fit and Healthy

The health and fitness behaviors of your family and friends are “contagious”—they can spread!

Having a regular workout partner or group fitness schedule improves your workout attendance by up to 50%!

Set the Example, Others Will Follow

Research shows that the first person to speak up to make the healthy choice helps nudge others toward the same decision. This kind of encouragement is called ‘anchoring.’

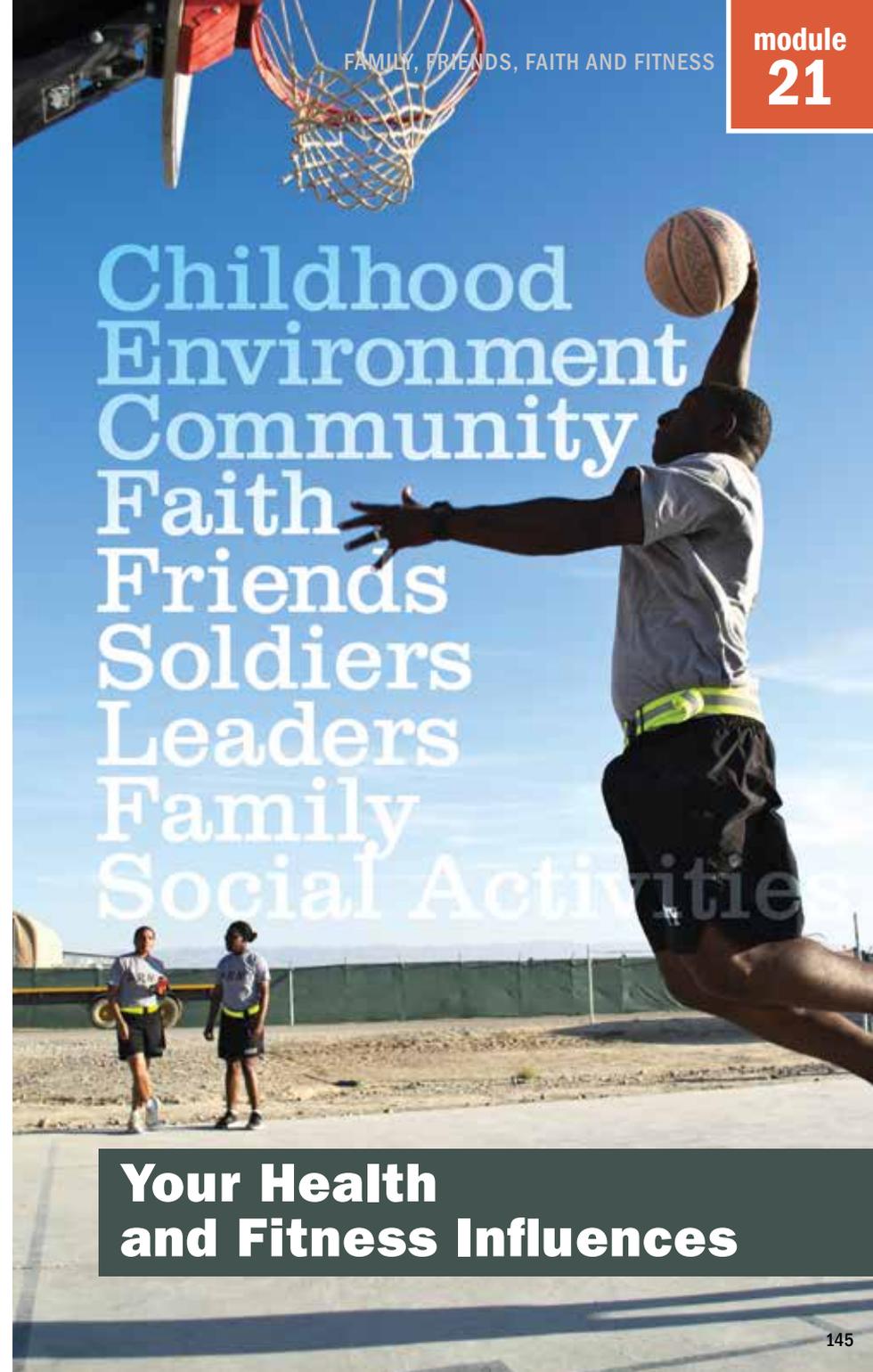
In some research studies, anchoring can increase the chance of a similar choice by up to 80%!

Use anchoring to set a positive example for your friends, family, and faith community—nudge them toward health.

Social Connections Make a Difference

When people around you are fit and healthy you are about 30–60% more likely to have those same behaviors.

Each social connection (friend, family, etc) you have supporting your choices increases your chance of making those healthy choices.



**Your Health
and Fitness Influences**



Family, Friends, Faith and Fitness



Your Environment and Your Health

- Those who you surround yourself with are important, but did you know the physical environment plays a role in your health, too?
- The number of children who are physically active outside is 84% higher when schoolyards are kept open for public play.
- People who live in walkable neighborhoods (sidewalks, off main roads) are 2 times as likely to get enough physical activity as those who don't.
- People who live near outdoor trails are 50% more likely to meet physical activity guidelines.
- Teens who live in poor neighborhoods are 50% less likely to have a recreational facility near home.
- While location, facilities, and equipment play a role—studies show that your personal motivation and support from others is far more important!

TARGETS



Expert: Volunteer for a community event to promote fitness in your friends, family and/or faith community.



Sharpshooter: Include friends, family, and your faith community to help you reach your goal of 150 minutes moderate aerobic exercise + 75 minutes vigorous exercise per week.



Marksman: Schedule a time to meet someone for an exercise session or outdoor activity.

SEE WHAT'S OUT THERE!

- MWR Outdoor Recreation Centers:
<http://bit.ly/MWRrecOut>
- Find an outdoor exercise group or start your own here:
<http://bit.ly/FitMeetUp>
- Get active in your community to support healthy living, try these tools and resources from the CDC:
<http://1.usa.gov/1yAsJ1j>
- Find a community event to support at the Army OneSource:
<http://bit.ly/1sdeTwH>



Module 21: Leader's Guide



Learning Objectives:

- 1) List ways you can set the example for others in your fitness and health behavior.
- 2) Describe different group activities you can do to set the example for others.

PREPARE:

- Have examples of group exercise options for Soldiers who are single, married without children and those with children.
- Have examples of how every Soldier can set an example for their family, friends, and community.
- Look for local options in faith or charity organizations in your area.

OPTIONS FOR GROUP DISCUSSIONS:

- Discuss the importance of setting a good example for others.
- Have Soldiers discuss why it's important to exercise and be fit together with friends, family or loved ones.
- Discuss barriers to enjoying activities with friends, family and loved ones.

PRACTICAL EXERCISE OPTIONS:

- Brainstorm different ways your friends, family, and community can get active together.
- Find a fitness activity in your area and sign-up your team (5K, MWR events, etc.).

AAR:

Discuss with Soldiers their experiences building well-rounded fitness and readiness.

- What were the pros and cons?
- What did they do differently?
- How did they feel?
- What, if any, barriers were there?

resources

Read This!

- ArmyFit Tip Card:
<http://bit.ly/P3ArmyFitCard>



Use This!

- Sit Less, Move More poster:
<http://bit.ly/P3SitLessMoveMore>

Explore This!

- Help Kids be Active and Healthy:
<http://5210healthylife.org>
- Find your local MWR options:
<http://www.armymwr.com>
- Total Family Fitness on ArmyFit:
<http://csf2.army.mil>



Download This!

- Fitness for Children and Teens Guide:
<http://bit.ly/1sXBMrm>

notes

Sleep for Stronger Relationships

Sleep impacts all aspects of life. Insufficient sleep particularly affects health, mood, and productivity. It is a myth to assume that sleep cuts into our productive hours. We are actually more productive with adequate sleep.

Although it may seem counterintuitive, your ability to do well at work, school, or home improves when you get quality sleep. You experience more energy, you are able to think more clearly, and you are more creative and efficient at work.

DID YOU KNOW?

- 66% of 18- to 34-year-olds report having sleep issues like insomnia, difficulty falling asleep or staying asleep.
- 6 in 10 Americans crave sleep over sex.
- In 2013, it was reported that 12% of Americans fell asleep at work, 10% fell asleep at school, 7% fell asleep at church, and 4% fell asleep on the toilet.
- 75% of adults in a relationship sleep better with their partner.
- Americans who get 7 or more hours of sleep are more likely to engage in higher intensity workouts.
- The Better Sleep Survey of 2013 revealed that most women with children would give up almost anything to get 1 more hour of sleep a day.
- Research indicates that people over 60 years old need the same recommended 7–8 hours of sleep, and their sleep quality improves with a bedtime routine.

FINDINGS ON SLEEP LOSS *The Facts*

HOW SLEEP LOSS AFFECTS YOU

Creates a sleep debt

Negatively impacts food choices (junk food)

Results in being grumpy or moody

Increase risk for hypertension, heart disease,
diabetes & weight gain





Strategies for Better Sleep

Do you want a better social life? Do you need more time for your hobbies? Get adequate sleep and you will see a difference in the quality of your relationships and things that interest you the most. Prioritize sleep when planning your social activities and realize that sometimes you may have to say “no” to get enough sleep.

Be mindful of the amount of adequate sleep you need when you are playing video games, meeting friends, or going out. Give yourself ample time to wind-down and go to bed. You will thank yourself when you wake up.

Healthy sleep habits (see module 6) include a bedtime routine with a set time in bed, can:

- Improve sleep quality/quantity and result in a better mood, thinking, and decision making.
- Help children improve behavior, mood, and conduct.
- Support better sleep for the whole family. When children have a set bedtime routine, parents tend to get to bed earlier.

Signs that You May Need a New Mattress & Boxspring

- You wake up with stiffness, numbness, aches and pains.
- You had a better night’s sleep somewhere other than your own bed.
- Your mattress shows visible signs of overuse (it sags, has visible tearing, ripping, holes, staining, or damage).
- You are tired after a full night’s sleep.
- Your mattress is more than seven years old.

Sleep Enhances for your Bedtime Routine

- Cover your bedroom windows to make your room darker.
- Eliminate or cover up electronics in your bedroom or sleep area.
- Go caffeine-free at least 6 hours before bedtime.
- Wake up at the same time each morning, even on the weekends.
- Exercise only if you have at least 3 hours before bedtime.
- If you know you will have to stay up later than usual, try to bank more sleep.

TARGETS



Expert: Improve and implement your bed time routine for at least 7 days.



Sharpshooter: Get 8 hours of sleep per night. If you have children or teenagers, ensure they get the hours of sleep needed according to their age. (See children’s sleeping guidelines).



Marksman: Assist a friend or family member to identify sleep strategies to improve their sleep.

Warning!

If you experience any of these general symptoms, contact your healthcare team:

- Excessive sleepiness during the day.
- Trouble falling asleep or staying asleep.
- Snoring or episodes of stopped breathing during sleep.

How much sleep does someone need?

AGES	REQUIREMENT
Newborns (0–3 mths)	14–17 hours of sleep
Infants (4–11 mths)	12–15 hours of sleep
Toddlers (1–2 yrs)	11–14 hours of sleep
Preschoolers (3–5 yrs)	10–13 hours of sleep
School-Age Children (6–13 yrs)	9–11 hours of sleep
Teenagers (14–17 yrs)	8–10 hours of sleep
Young Adults/Adults (18–64 yrs)	7–9 hours of sleep
Older Adults (65+ yrs)	7–8 hours of sleep

Learning Objectives:

- 1) Describe sleep strategies to improve sleep quality and quantity.
- 2) Describe an appropriate bed time routine and the impact on yourself, your friends and family.

PREPARE

- Review the Leader's Pocket Guidance on Sleep.
- Read and use the items in the resource list.
- Review SMART goal-setting (module 3).

OPTIONS FOR GROUP DISCUSSION:

- Discuss why we need to prioritize sleep.
- Discuss the impact of adequate sleep on relationships.
- Review healthy sleep habits and bedtime routines.

PRACTICAL EXERCISE OPTIONS:

- Create and improve your own bedtime routine.
- Identify someone who is having difficulty with sleep and create a healthy sleep strategy to assist them.
- Evaluate your mattress using information from The Better Sleep Council.

AAR:

Review the impact of sleep on work, school, and home, and the strategies to improve sleep quality and quantity.

- What were the pros and cons?
- What did they do differently?
- How did they feel?
- What, if any, barriers were there?

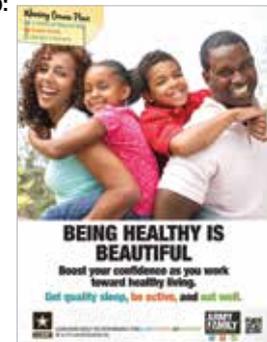
resources

Read This!

- Combat and Operational Stress Control Manual for Leaders and Soldiers: <http://bit.ly/FM6-22>
- 10 Effective Sleep Habits Tip Card: <http://bit.ly/10Effectivesleephabitstipcard>
- Triad: ArmyFit Tip Card: <http://bit.ly/Armyfittipcard>
- Sleep Your Way to a Better Relationship: <http://bit.ly/sleepforbetterrel>

Use This!

- Being Healthy is Beautiful: <http://bit.ly/beinghealthyisbeautiful>
- Triad: Get Enough Sleep poster: <http://bit.ly/takechargeposter>
- Healthy Sleep Tips: <http://bit.ly/sleeptipsandtricks>



Explore This!

- Sleep and Health Education Program: <http://bit.ly/HarvardPubliceducation>
- Eat, Play, Grow: Smart Sleep, Tools, & Resources: <http://bit.ly/eatplaygrowandsleep>
- Mind Tactics: <http://bit.ly/mindtactics>
- Mattress Advice: <http://bit.ly/mattressandmore>
- Guide to Buying a Mattress: <http://bit.ly/mattresssizeandtypes>

Download This!

- 2 Week Sleep diary: <http://bit.ly/2weekssleepdiary>

**ONCE A SOLDIER, ALWAYS A SOLDIER.
IT'S IMPORTANT TO MAINTAIN HEALTHY
SLEEP, ACTIVITY, AND NUTRITION HABITS FOR LIFE.**

OPORD FOR LIFE



chapter contents

Module 23: Final Check in

Module 24: OPORD for Life

THE
PROFESSIONAL SOLDIER ATHLETE
HERE IT'S **NOT A GAME**



Time for a Check Up

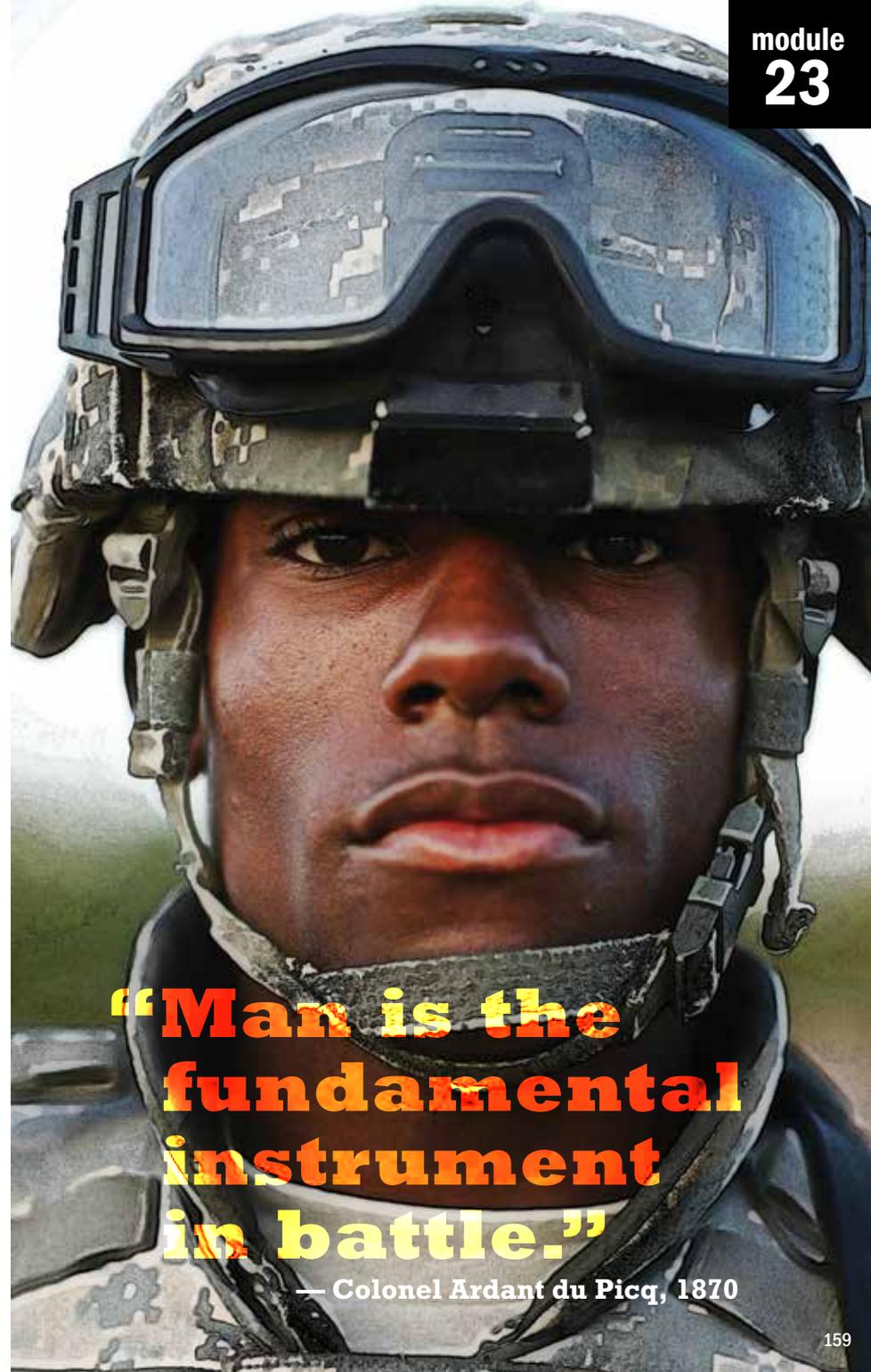
“Nothing in this world can take the place of **persistence**. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. **Persistence and determination alone are omnipotent.**” — Calvin Coolidge

30th President of the United States

Persistence and determination has helped you become the Soldier that you are today. These are the same traits that have made great military generals out of ordinary men and women. The most challenging limitations that you will face in life will be the ones that you set for yourself. So do not allow physical or mental challenges to derail your ambitions. Maximize your potential and optimize your performance.



Managing your health can be just as challenging as any obstacle course or special skills qualifying course. Your health challenges can also be conquered. The Performance Triad gives you the tools needed to enhance your health and performance, so that you can achieve dominance when it matters most...on the battlefield.



“**Man is the fundamental instrument in battle.**”

— Colonel Ardant du Picq, 1870



Over the past 30 days, how well did you meet each of these targets?

(circle and for each red give yourself 1 point. For each yellow, give yourself 3 points. For each green, give yourself 5 points.)

Sleep				
On average, how many hours of sleep do you get in 24 hours?	4-5	6	7-8+	Sleep score
How would you rate your satisfaction with your sleep?	Poor	Fair	Good	
How is your energy after a full nights sleep?	Poor	Fair	Good	
	___ x 1	___ x 3	___ x 5	= ___

Activity				
Restistance Training sessions per week	0-1	2	2+ agility	Activity score
Steps per day	<10,000	10,000-14,999	15,000+	
Aerobic activity minutes per week	<150 moderate	150 moderate	150 moderate +75 vigorous	
	___ x 1	___ x 3	___ x 5	= ___

Nutrition				
How many days per week have you eaten six to eight servings of fruits and vegetables?	< 3	4-6	7	Nutrition score
How many times per week did you eat breakfast?	< 3	4-6	7	
How often are you having a healthy snack 30-60 minutes after a strenuous exercise session?	<25% of the time	25-50% of the time	75-100% of the time	
	___ x 1	___ x 3	___ x 5	= ___

SURVEYING YOUR HEALTH

Calculate your Performance Triad score!

(Give one point for each answer. Add each column, multiply the sum by the number indicated and add the numbers to determine your Sleep, Activity and Nutrition scores. Then total each tenet to learn your Performance Triad Score.)

How did you score? (circle)			
Sleep	3-6	7-13	14-15
Activity	3-6	7-13	14-15
Nutrition	3-6	7-13	14-15
Combined	9-20	21-40	41-45

How has your health improved? Mark all that apply.

- I am able to make better decisions while under stress.
- I feel more rested when I awake.
- I choose healthy snacks more often.
- I am eating breakfast more often.
- I have increased my physical performance.
- I workout with a partner more often.

The principles of the Performance Triad are based on scientific research. They are designed to help you optimize your health and performance. Revisit those modules that will help you maintain your readiness.

The Voices of Leadership

“The strength of our nation is our Army. The strength of our Army is our Soldiers.”

— General Ray Odierno

“We must also begin to view health as more than simply healthcare, and transition the Army to an entire system for health that emphasizes the performance triad—sleep, activity and nutrition—as the foundation of a ready and resilient force.”

— The Army Posture Statement, 25 March 2014

“The stamina and strength which the defense of liberty requires are not the product of a few weeks’ basic training or a month’s conditioning. These only come from bodies which have been conditioned by a lifetime of participation in sports and interest in physical activity...Our growing softness, our increasing lack of physical fitness, is a menace to our security.”

— President John F. Kennedy

“A pint of sweat will save a gallon of blood.”

— General George S. Patton, Jr., 1942

“The Soldier’s health must come before economy or any other consideration.”

— Napoleon, 1813

“No nation has ever survived, and no nation ever will survive, whose people are not physically, mentally, and morally fit for survival.”

— U.S. Army Training Manual No. 1 (1922)

“Man is the fundamental instrument in war; other instruments may change, but he remains relatively constant.”

— General George C. Marshall, 1933

“The preservation of a Soldier’s health should be the commander’s first and greatest care.”

— Regulation for Order and Discipline of the Troops, 1779

“...Nothing is more conducive to keeping an army in good health and spirits than exercise; the ancients used to exercise their troops every day. Proper exercise, then, is surely of great importance for it preserves your health in camp and secures your victory in the field.”

— Niccolo Machiavelli, *The Art of War*, 1521



OPORD for Life!

“As we continue to reshape and strengthen our Army ... be assured that the Army **will not waver** in its commitment to take care of Soldiers, Civilians, and their Families. I want the Army to remain an institution in which each of you is **proud to serve** and with which you are proud to **stay connected.**”

Raymond T. Odierno
General, 38th Chief of Staff
United States Army

Congratulations! Your commitment to your readiness and health is commendable. What improvements have you noticed in your energy levels, alertness, and your ability to focus throughout the day? Which sleep, activity, and nutrition goals have you met? Take time to reflect and journal the barriers that you have overcome.

As the Performance Triad becomes more embedded in your OPORD for Life, your health and quality of life will continue to improve. As a Soldier you are the Strength of Our Nation.

You are a Warrior and a member of the United States Army. There are many military programs designed to help you realize your dreams, and complete your education. Performance Triad is a lifestyle change designed to improve the health and vitality of the Army. Take command and control of your life today.

Over 1000 Soldiers are discharged each year for failure to meet height and weight standards. Look to your left and right ... use the Performance Triad to coach, mentor and teach one another how to maximize performance by making healthier choices. We can complete the mission together.

We are Professional Soldier Athletes.



SOLDIERS



Once a Soldier, Always a Soldier ... A Soldier for Life!





UNCLASSIFIED

Operation Order xx-xxx, (HQDA rollout of the Performance TRIAD for Life)

(U) REFERENCES: See the reference section

(U) TIME Zone Used Throughout the OPORD: DAILY

1. (U) Situation. Obesity affects the health of 12% of our force, while another 66% of Soldiers are overweight and prone to musculoskeletal injury.
2. (U) Mission. On order, Soldiers will leverage OPORD for life to increase their physical, cognitive and emotional dominance. Soldier optimization will ensure that the Army remains fit to fight and win our nation's wars.
3. (U) Execution. Daily. Sleep 7–8 hours. Discontinue caffeine 6 hours prior to bedtime. Take a minimum of 10K steps per day, add 5,000 steps if you can. Perform resistance training at least twice a week and add 1 session of agility training. Get at least 150 minutes of Moderate aerobic exercise per week, add 75 minutes of Vigorous exercise if you can.
4. (U) Sustainment. Health is the new way forward. Small changes in your daily activity will lead to sustainable results in your health, stamina, cognition, and weight loss goals. The ones you love most are depending on your strength to provide for their future.
5. (U) Command and Signal. Every Leader. Every Soldier.

DISTRIBUTION: Total Army.

Targeted Changes Increase Stability

TARGETS

SLEEP

7–8 hours/day

Dark, cool and quiet place

Caffeine free 6 hours before bed

ACTIVITY

10,000 steps/day +5,000

2–3 days resistance training/week + 1 day agility training

150 min Moderate + 75 Vigorous

NUTRITION

8 servings fruits & vegetables/day

Refuel after strenuous exercise

Soldier Benefits

- Enhanced quality of life
- Readiness and resiliency
- Improved health and survivability
- Controlled weight management
- Increased aerobic capacity, energy, strength, endurance and speed
- Improve professional competence
- Better relationships
- Improved decision making
- Improved planning skills
- Shorter injury recovery periods

Unit Benefits

- Improved Unit readiness and resiliency
- Leader development
- More robust training opportunities
- Improved task performances
- Improved unit cohesion
- Less behavioral health referrals
- Accident reduction
- Fewer serious incident reports
- Reduced sick-call losses





Learning Objectives:

- 1) Discuss your plans for incorporating the Performance Triad into your long-range plans.
- 2) Identify opportunities to introduce the Performance Triad Tenets and the lessons you have learned to others.

PREPARE

- Review modules on the Professional Soldier-Athlete (PSA), Goal Setting, and Sticking to the Plan.
- Review recommended resources.

OPTIONS FOR GROUP DISCUSSION

- Conduct a back brief of the Performance Triad for Life OPORD.
- Discuss how Soldier optimization improves Unit readiness.
- Discuss ways to help other Soldiers improve their health.

PRACTICAL EXERCISE OPTIONS:

- Identify and map out 1, 6, and 12 month goals.
- Identify and map out your long range goals for 5+ years.
- Identify potential barriers and develop contingencies.
- Identify the types of support tools that you would need to meet your goals.
- Align desired celebrations to interim goals.

AAR:

- Do Soldiers understand the principles of the Performance Triad?
- How well were Soldiers able to stick with their plans?
- What motivated them to stay the course?
- What were some common challenges?

resources

Read This!

- CJCS White Paper: America's Military – A Profession of Arms: http://bit.ly/ProfArms_Paper
- Profession of Arms – Military Review Special Edition 2011: http://bit.ly/POA_Mil_Review

Watch This!

- The Profession of Arms Official Video: http://bit.ly/POA_Video

Explore This!

- Center for the Army Profession and Ethic Website: <http://cape.army.mil/>

The Profession of Arms

The Army is an American Profession of Arms, a vocation comprised of experts certified in the ethical application of land combat power, serving under civilian authority, entrusted to defend the Constitution and the rights and interests of the American people.

The Professional Soldier

An American Professional Soldier is an expert, a volunteer certified in the Profession of Arms, bonded with comrades in a shared identity and culture of sacrifice and service to the nation and the Constitution, who adheres to the highest ethical standards and is a steward of the future of the Army profession.



» WARRIOR CHALLENGES

Warrior Challenges

Take a Warrior Challenge! This area of the guidebook has 26 challenges for you and your team to choose from. You can challenge yourself, your team, or a unit such as a company, battalion or even a Brigade!

Unit challenges are highly motivating and build esprit-de-corps. They can also push you to dig deep and achieve what seems difficult. They can help train you to find the mental, emotional and physical reserve when you are in harms way.

Always remember, though, to be careful and stay safe. Do your risk assessment and treat it like any other training event. Check your ego at the door and don't push it when your body is in pain. Have fun, but be smart and remember, Safety First!



Building Esprit-de-Corps

BASELINE TESTING

Establish a baseline and track it! You can't measure improvement if you don't know where you started. Start with some "baseline" events with easily accessible standards for age that you can use for comparison.

The APFT is a great example, but don't limit yourself to this alone. Try the Navy Fitness Test or the Marine Combat Fitness Test to challenge yourself to a different standard. Use 1, 3, or 5 repetition maximum powerlifts to test your strength.

ORGANIZING INDIVIDUAL, TEAM AND UNIT CHALLENGES

These challenges can be done individually or as a team.

Individual Challenges:

These are designed to be done on their own but can also be done in a group to receive immediate feedback.

Team Challenges:

- » *Option 1:* Break down the challenges into distinct pieces. For example, if you have a team of 3 and the challenge is a Sprint Triathlon, you can have 1 person swim, 1 bike and 1 run.
- » *Option 2:* Form teams of 8–10 that perform the entire event, but score only the best 4 or 5 towards the challenge score (see Army Ten Miler team rules: <http://bit.ly/ArmyTenMiler>).

Unit Challenges:

You can challenge larger groups, for example Company, Battalion or even the whole Brigade. Combine several of the individual/team challenges and track them over time. Add points to each challenge and the group with the most "points" win.

Score to Perform!

Score to Perform!

SCORING SUGGESTIONS

Here are some suggestions to score your events and make them even more competitive and fun.

Individual and Team Events

Score each participant in a rank order fashion. For example, whoever finishes first is given a score of "1." The next person is then given a score of "2," and so on. If you have 10 people in your squad or group, you will have 10 total scores ranging from 1 to 10 (you can also assign the scores the other way: 10 for the first and 1 for the last).

Ensure you have rules for tie-breakers for each event!

Then collect points over the next 6 months using a combination of challenges.

Unit Challenges

For Company, Battalion or Brigade challenges, establish a point system for the different events. We recommend choosing multiple challenges and assigning points for each event.

You can assign different levels of points for the level of difficulty for each event and for performance levels. Also, provide points for participation and completion of particular events. At the end of all the events, add them up for the final winner!

A proper scoring system is important to help ensure each Soldier has an opportunity to participate and contribute to the unit's success, while not being intimidated by the challenges. This way, you can all celebrate together while inspiring teamwork, building camaraderie and reinforcing the Warrior Ethos of the American Soldier.

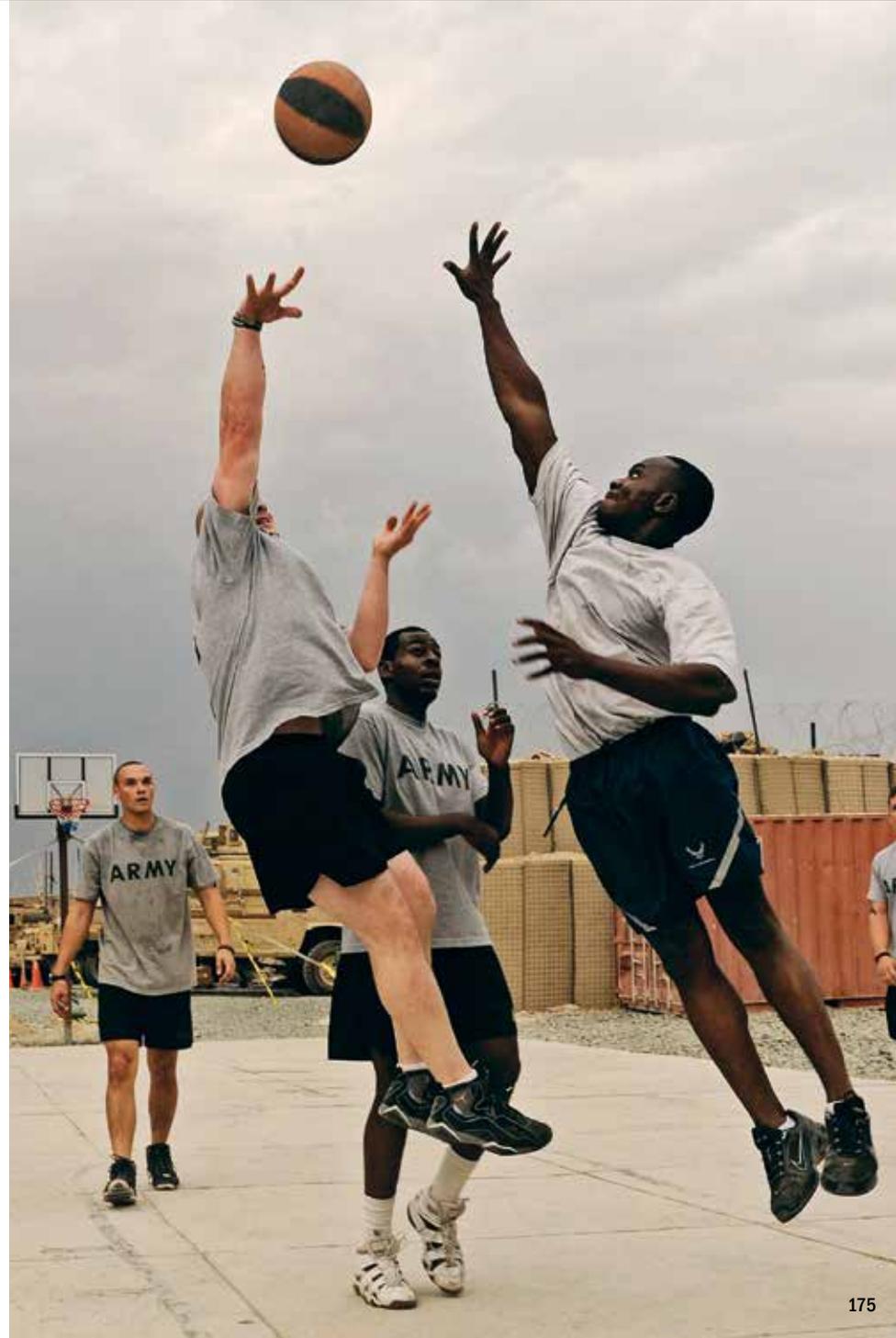
I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.

— The Warrior Ethos



Weekly Challenge Options

Challenge	Description	Level (Individual, Team)
“Double Marathon”	Get 104,800 steps in one week (that’s 2 marathons!)	Individual
Medicine Ball Throw	20 lb vs. 14 lb (scored by distance)	Individual, Team
Walking Lunge	400m walking lunge (time)	Individual, Team
Ranger Bench Press	Max repetition bench press at a goal weight of the Soldier’s body weight	Individual
Ranger Run	5 mile run (Goal = under 40 minutes)	Individual, Team
Ranger Deadlift	Max repetition deadlifts at a goal weight of [Soldiers body weight x 1.5]	Individual
Kettlebell Push Press	100 Kettlebell Push Press 35lb for time	Individual
Row	Rowing Machine 5 kilometers for time	Individual, Team
Ruck March	4/8/12 mile ruck march with 35lb minimum load	Individual, Team
Bike	6/12/25 miles	Individual, Team
Core Challenge	Longest time in 4 plank positions (front/side x2/bridge)	Individual, Team
Pull-ups	Max repetition pull-ups	Individual
Functional Fitness Workout	400m Run, 21 goblet squats (53lb kettlebells), 12 pull-ups- 3 Rounds	Individual

Challenge	Description	Level (Individual, Team)
SOF THOR-3 Deadlifts	3-repetition Max Deadlifts	Individual
Shuttle Run	300m shuttle run	Individual
Rope Climb	3 rope climbs (15ft)	Individual
Run	5K/10K/10 mile/ 13.1 mile/26.2 mile	Individual, Team
Burpees	7 minutes of Burpees	Individual, Team
Powerlifting	1-repetition maximum of bench press, Deadlift, Back Squat	Individual, Team
Sprint Triathlon	Swim 500 M/Bike 12 miles/ Run 5k	Individual, Team
Swim	15 consecutive minutes for distance	Individual, Team
Ground to Overhead	30 reps for time with a goal weight of [Soldier’s body weight x .75]	Individual
Navy Seal PT Test	Swim 500 yards; 2 min push-ups; 2 min situps; Max rep pull-ups; Run 1.5 miles	Individual
Marine Combat Fitness Test	880 yard run, 30 lb ammo lift, 300 yard maneuver run	Individual
Obstacle Course	Design an obstacle course (suggested one in FM 7-22)	Individual, Team
1946 Army PT Test	Try the WWII standards! http://bit.ly/1946ArmyPT	Individual

The Finish Line

You can also give other non-fitness “bonus” points for promoting health and wellness.

Bonus Points:

- » Attendance at training events and lectures that promote health
- » Army Wellness Center Visit: points for individuals that schedule a visit to determine your baseline fitness level. They can measure your body composition and determine your aerobic capacity
- » Greatest % weight loss
- » Greatest % gain on the weight lifting portion
- » Family Involvement—double the points for involving Family members in any of the challenges
- » Submit videos, photos or essays on the meaning of being a member of the Profession of Arms, Professional Soldier Athlete and the role of the Performance Triad
- » Submit new cadence calls that incorporate the meaning of being a member of the Profession of Arms, Professional Soldier Athlete and the role of the Performance Triad
- » Submit stories on how an individual’s or unit’s health and performance improved by following the Performance Triad curriculum
- » Lead, organize or participate in a community “fun run,” health fair or other local event

Navy Seal Physical Screening Test Standards

PHYSICAL SCREENING TEST	MINIMUM	AVERAGE	OPTIMUM
Swim 500 yards breast or side stroke	12:30	10:00	09:30
Push-ups in two-minutes	42	79	100
Sit-ups in two-minutes	50	79	100
Pull-ups no time limit	06	11	25
Run 1.5 miles	11:00	10:20	09:30

Rewards and Recognitions

This area will help you reward individual and team efforts and get recognition for the great things your unit has done!

Rewards

- » Major General Aubrey ‘Red’ Newman Award (Forscom Reg 215-8): *Given to a Soldier who has demonstrated the “ability to mentor, coach and/or counsel, subordinates they directly supervise over a period not less than 6 months, and include a measurable impact their abilities had on a team, squad, section, branch, directorate, platoon or unit.”*
- » Army Achievement Medal for the organizer or winner of the challenges for the unit.
- » 3 or 4 day pass or a Certificate of Achievement for the winner of an individual/team event.

Recognition

- » Performance Triad Streamer.
- » Enlist your PAO to help develop stories and postings for social media sites or a news article in your local paper.

RESOURCES

Read This!

- » FM 7-22: Chapter 7-Execution of training; Chapter 9-Strength and Mobility Activities; Appendix E: Obstacle Negotiation
- » FORSCOM Regulation 215-8
- » 1946 Army PT Standards: <http://bit.ly/1946ArmyPT>

Explore This!

- » www.ArmyPRT.com
- » United States Marine Corp Combat Fitness Testing: <http://www.marines.com/becoming-a-marine/how-to-prepare/cft#>
- » Army Wellness Centers: <http://bit.ly/ArmyWellnessCenter>

Use the following website for more information on Sleep, Activity, and Nutrition as well as other resources.

Army Medicine: <http://www.armymedicine.mil> Army Medicine is your one stop location for information about the Performance Triad, public health catalogs of training and education materials, links to social media outlets, .links to Army and DoD resources on wellness, health, fitness, and resilience (such as the Ready and Resilient Campaign www.army.mil/readyandresilient).

ArmyFit: ArmyFit is an interactive social media resource to help Soldiers and Families reach their health and wellness goals.

- Create a profile, set up connections such as “Performance Triad” group to get daily blog, and enter or sync your fitness data.
- Under “My Programs”, you can review your plan, enter weight, activity, workouts, food, earn achievements and get support.
- Take the GAT 2.0 and view your results and recommendations as well as your RealAge®.
- Topics on Emotional, Social, Family, Spiritual, and Physical dimensions for overall health.

H.E.A.L.T.H.: The Healthy Eating Activity Lifestyle Training Headquarters is a web and smartphone app that helps promote performance nutrition and exercise.

- **Exceeding the standards:** The optimal goal for Soldiers is not just to meet the standards of weight and fitness, but to exceed the standards (achieve better than standards) to ensure compliance at all times.
- **For the Family:** Civilian Family Members can use the program to lose weight, reduce body fat, improve fitness, improve overall health, and support their Soldier in meeting the guidelines in the AR 600-9.
- **Enhancing Personnel Readiness & Warfighter Performance:** A primary online resource for proper nutrition and physical fitness information needed to ensure personnel readiness and increase their Warfighter performance.
- **Army H.E.A.L.T.H. Anywhere:** Visit armyhealth.pbrc.edu on your mobile phone or tablet to experience H.E.A.L.T.H. mobile.



Human Performance Resource Center (HPRC): HPRC is an online, one-stop clearinghouse for evidence-based information and key resources to help Warfighters and their Families in all aspects of performance to achieve total fitness and, ultimately, human performance optimization.

- HPRC translates evidence-based materials on various aspects of performance, creates materials on specific topics, and highlights existing resources. Users can go to any HPRC domain and find pertinent information—anything from brief downloadable “recipe/tip cards” to longer pieces that address specific topics. Each domain has unique information related to its subject area, many related specifically to the military.
- Sleep Education Along with nutrition and exercise, sleep is one of the three pillars of a healthy lifestyle. <http://bit.ly/healthysleepbasics>
- Mind Tactics addresses topics such as mental focus/toughness, resilience, relaxation, stress management, getting the best sleep, and alcohol, tobacco, and drugs.
- Nutrition has topics such as nutrition basics, alerts, resources, interactive tools, and “Fighting Weight Strategies.”
- Check out the special section, Operation Supplement Safety, to learn in-depth information about dietary supplements and how to choose them wisely.

Physical Fitness covers topics such as physical training and exercise, injury prevention, weight management, fitness tools, and resources for women.

Total Force Fitness highlights information and resources on total fitness, bringing together all the above domains to help Warfighters develop resilience and optimal performance, as well as integrative performance enhancement programs and practices, and detailed strategies for pain management.

Family & Relationships includes topics such as relationship enhancement, family resilience, deployment phases, family nutrition and physical fitness, many geared towards the specific needs of military families.

Environment contains information that will help users perform optimally in extreme conditions of heat, altitude, aerospace, water, and more.

Operation Live Well: A DoD program that promotes community health and focuses on integrative wellness, physical activity, sleep, nutrition, tobacco-free living, and mental wellness.

- Improve health and wellness of the entire community. This website contain a set of tools, resources and original content like cookbooks, which you can use to adopt or maintain a healthy lifestyle.
- Offers inspirational blog posts and community-wide social media engagement.
- Health tools include online tools and mobile applications that can help guide, track and measure your journey to wellness: <http://www.health.mil/Military-Health-Topics/Operation-Live-Well/Health-Tools>

United States Army Public Health Command: (USAPHC) The U.S. Army Public Health Command promotes health and prevents disease, injury and disability in Soldiers and retirees, their Families, and Army civilians, and provides veterinary services for the Army and Department of Defense.

- Healthy Living
- Active Living
- Alcohol and Substance Misuse
- Behavioral Health
- Health Promotion and Education
- Men’s Health
- Nutrition
- Oral Fitness
- Performance Triad
- Responsible Sexual Behavior & Health
- Sleep
- Soldier Medical Readiness Campaign
- Tobacco-Free Living
- Women’s Health Portal

See Technology Section for list of Smartphone Apps

Visit: <http://bit.ly/OperationLiveWell-tools>

QR codes

7 Min Workout	
Army Fit	
Army Medicine	
Army Fit Workouts	
Army Fit Goal Setting	
Army Health	
CAPE (Module 1)	
Changing Eating Video	
CSF2	
Eat Healthy tips	

Eating on Budget	
Food Nutrition News	
Goal Setting (Module 15)	
Setting Goals	
Goal Setting 2	
Goal Setting 2_15	
Health David Bitterman	
Healthy Family Matters	
Healthy Sleep Basics	
HPRC Program Guide	

HPRC-Family Nutrition	
Family Eating Habit	
HPRC - Nutrition	
HPRC - Program Guide	
HPRC - PT Videos_ Module 9	
HPRC - Verticalcore	
MFT (Module 15)	
Never Give Up	
Overcoming Obstacles (module 15)	
Personalize Nutrition	

HPRC	
HPRC - Mind Tactics Stress	
PT Tools App	
R2C Module 15	
R2C - main	
ARP6-22	
Scanpg - Sports Nutrition	
War Fighting Nutrition	
Fuel for Performance	
Acsmpublic	

QR codes

Extrinsic Rewards	
Get Enough Sleep	
Not Recover Sleep Loss	
Take Naps	
Loss of Sleep	
Mind Body Skills	
Sleep Tactics	
Sleep Well poster	
Dr. Dement video	
HPRC – Caffeine Gum	

Assess Sleep Need	
Sleep Deployment	
Army apd	
Catch Up on Sleep	
Caffeine Info	
Stay Alert gum	
Calculate Energy	
Rations	
Calorie Burn Calculator	
Burn Per Hour	

Eating Right poster	
Soldier Nutrition	
Urine Chart	
Motivational Interview	
Motivational Interview – overview	
Motivational Interview – 1	
Motivational Interview – 2	
Motivational Interviewing	
Operation Live Well	
POA Mil Review 1	

POA Video	
Professional Arms Paper (Module 1)	

LEARN MORE ABOUT THE PERFORMANCE TRIAD:
SLEEP, ACTIVITY, AND NUTRITION

AT [HTTP://ARMYMEDICINE.MIL](http://armymedicine.mil)



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