

Infantry News



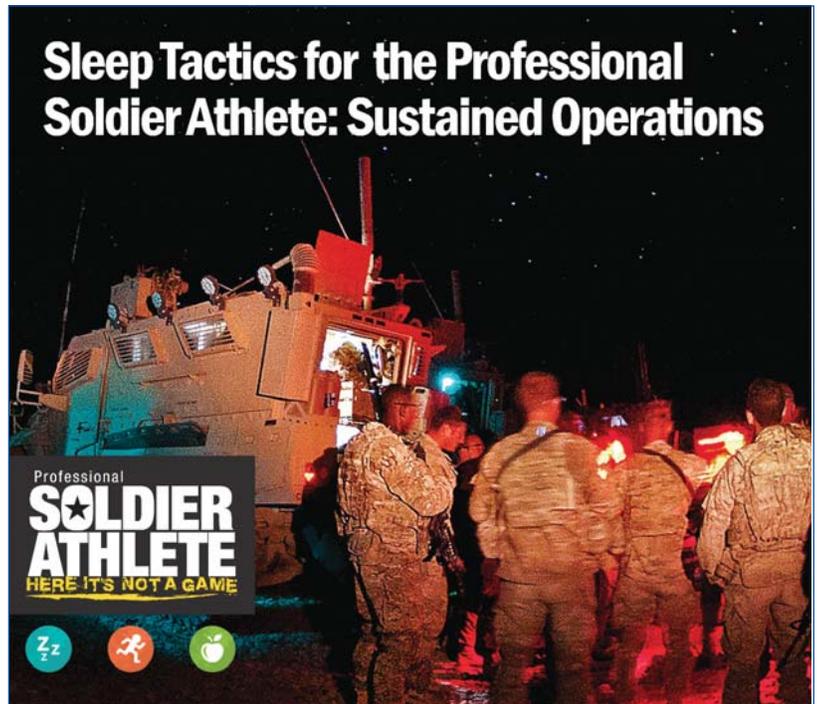
PERFORMANCE TRIAD APP NOW AVAILABLE

ARMY MEDICINE

Members of the U.S. Army Public Health Command, the Performance Triad Team at the Office of the Surgeon General, and the Combined Arms Support Center Sustainment Center of Excellence Mobile Team recently released the first version of the Performance Triad app for global distribution. This app provides specific educational resources for squad leaders, Soldiers, spouses, civilians, health care workers, pre-retirees, and retirees on how to optimize their performance and enhance their health.

For example, leaders can quickly get information on how to schedule sleep and rest cycles to maximize unit performance during field exercises. The Performance Triad app also provides leaders information about refueling after exercise to maintain performance over sustained operations.

Personal lifestyle choices make a huge impact on health, wellness, and readiness. Sleep, activity, and nutrition



enable Soldiers, their Families, and retirees to reach their goals and their full potential.

The free app can be downloaded for iPhones, iPads, Android devices, and Windows phones by searching for "Performance Triad."

Learn more about the Performance Triad at <http://armymedicine.mil/Pages/performance-triad.aspx>.

APPLY NOW FOR BROADENING OPPORTUNITIES

DAVID VERGUN

Now is the time for qualified Soldiers to apply for the Army's Broadening Opportunity Program, said Joel Strout, the program manager.

For those who apply, "it's an opportunity of a lifetime for the Army's best Soldiers to get even better," Strout said.

By better, he explained that Soldiers will get "unique experiences they can't get anywhere else inside the military; opportunities to work within interagency departments like the FBI, CIA, State Department, Homeland Security, and so on."

Some of the programs even involve travel overseas, where Soldiers can get intercultural assignments that will broaden their horizons and ultimately help the Army as well. Other assignments involve experience in the commercial sector or in the legislative or executive branches of government.

Cutting-edge graduate degrees in cybersecurity and anti-terrorism are offered, along with other sought-after degrees such as business administration and public administration. These degrees are from top-tier universities, like Harvard, he added.

The Broadening Opportunity Program is offered to staff sergeants through command sergeants major, chief warrant officer 2 to 5, and captains to lieutenant colonels, depending on the specific program.

Complete information about the program can be found at <http://www.hrc.army.mil/bop>.

(David Vergun writes for the Army News Service. Read the complete article at http://www.army.mil/article/133173/Soldiers_can_apply_now_for_Broadening_Opportunity_education_programs/)