



What is the Performance Triad?

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

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



Key Messages of the Performance Triad:



Sleep

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



Activity

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



Nutrition

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

For More information: <http://armymedicine.mil/Pages/performance-triad.aspx>

DID YOU KNOW?

Looking for a way to track your fitness and diet goals?

Check out these free fitness trackers!

<https://www.supertracker.usda.gov/>

My foods. My fitness. My health.

- Get your personalized nutrition and physical activity plan.
- Track your foods and physical activities to see how they stack up.
- Get tips and support to help you make healthier choices and plan ahead.



<http://www.guardyourhealth.com/fit-text/>

Get Started. Stay on Track. See Results.

- Sign up today and receive tips, inspiration, and reminders delivered right to your mobile device! Text “fit” to: 703-997-6747
- FitText is your virtual drill sergeant (minus the yelling). It will help prepare you for your upcoming APFT, a fitness event or your other fitness goals.
- FitText was designed for can’t-stop-won’t-stop Soldiers/Civilians like yourself.

Healthy Recipes: A guide to ingredient substitutions

Whipping up healthy recipes may be easier than you think!

| If your recipe calls for this ingredient: | Try substituting this ingredient: |
|--|--|
| Bacon | Canadian Bacon, turkey bacon, smoked turkey or lean prosciutto |
| Bread, white | Whole-grain bread |
| Bread Crumbs, dry | Rolled oats or crushed bran cereal |
| Butter, margarine or oil in baked goods | Applesauce or prune puree for half of the called-for-butter, shortening or oil; butter spreads or shortenings specially formulated for baking that don't have trans fats |
| Cream | Fat-free half-and-half, evaporated skim milk |
| Eggs | Two |
| Flour, all-purpose (plain) | Whole-wheat flour for half of the called-for-all-purpose flour in baked goods |
| Ground Beef | Extra-lean or lean ground beef, ground chicken breast or turkey breast (make sure no poultry skin has been added to the product) |
| Lettuce, iceberg | Arugula, chicory, collard greens, dandelion greens, kale, mustard greens, spinach or watercress |
| Mayonnaise | Reduced-calorie mayonnaise-type salad dressing or reduced-calorie, reduced-fat mayonnaise |
| Oil-based marinades | Wine, balsamic vinegar, fruit juice |
| Pasta, white | Whole-wheat pasta |
| Rice, white | Brown rice, wild rice, bulgur or pearl barley |
| Sour Cream, full fat | Fat-free or low-fat sour cream, plain fat-free or low-fat yogurt |
| Soy sauce | Sweet-and-sour sauce, hot mustard sauce or low-sodium soy sauce |
| Sugar | In most baked goods you can reduce the amount of sugar by one-half, intensify sweetness by adding vanilla, nutmeg or cinnamon |
| Syrup | Pureed fruit, such as applesauce or low-calorie, sugar-free syrup |
| Table Salt | Herbs, spices, citrus juices (lemon, lime, orange, rice vinegar) |

<http://www.mavoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/healthy-recipes/art-20047195>



Check out our Community Resource Guide!

<http://www.benning.army.mil/mcoe/CommunityHealth/>

