AUGUST 2016

Performance Triad (P3)

promotes optimal performance and injury prevention through regular activity, proper nutrition, quality sleep, health and wellbeing. This month we celebrate the accomplishments of the past year.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	PERFORMANCE TRIAD 1	DONT GET CAUGHT IN A PAINFUL SITUATION — Hydrate, Acclimate, Train, CONSUME ELECTROLYTES, CONSUME CARBOHYDRATES 2	NATIONAL WATERMELON DAY 3	During the past 14 years of combat operations — OUR TRAINED AND READY MEDICAL PROVIDERS CONTRIBUTED TO A SURVIVABILITY RATE OF 92%	IN A STUDY OF 4,460 CHILDREN — 22.6% HAD SLEEP PROBLEMS — AT 6 TO 7 YEARS.	Making ART Makes you HEALTHIER 6
On this day in 1782 GEN Washington creates the Purple Heart 7	NATIONAL IMMUNIZATION AWARENESS MONTH — Protecting our Soldiers & their Families 8	P3 STRENGTHENS — AWC, M2H, AND GFC 9	THE DOG DAYS OF SUMMER — CAN BE DANGEROUS FOR YOUR DOGS 10	during FY15-16 FORSCOM pilot — P3 — trained over 14,500 Soldiers	Get FIT ARMY WELLNESS CENTER 12	exercise decreases rates of depression 13
READY TO GO FOR GREEN®? — CHOOSE OFTEN: High Performance Foods: Premium fuel for Soldier Athletes — CAUTION: Moderate Performance Foods: Higher in calories and lower in good nutrients — LIMIT INTAKE: Performance Limiting Foods: Lowest in value for your optimal performance 14	NATIONAL RELAXATION DAY 15	TRACK HOW MANY FNVS YOU ARE REALLY GETTING 16	YOU DESERVE TO GO FIRST CLASS — DENTAL EXAM, CLEANING, & INITIAL TREATMENT IN A SINGLE VISIT 17	SET A GOAL — REACH A GOAL — ARMY WELLNESS CENTER 18	M2H empowers providers! 19	50K STUDENTS STUDIED SHOWED GETTING <7HRS SLEEP — INCREASED RISKY BEHAVIORS 20
"PERFORMANCE TRIAD TRAINING PROGRAMS ARE THE CORNERSTONE FOR THE SYSTEM FOR HEALTH" ~LTG NADJA WEST 21	OVER 1000 COACHES TRAINED IN FY15-16 — U.S.ARMY P3 PerformanceTriad UNIVERSITY 22	CONTROLLED BREATHING — Breathe in 4 sec, Hold 7 sec, Exhale 8 sec 23	avoid ELECTRONICS, CAFFEINE, and SUGAR before bed 24	SMOKING KILLS — 480,000 AMERICANS EACH YEAR 25	THIS BODY WILL BE DOWN FOR REGULARLY SCHEDULED MAINTENANCE — BETWEEN 10PM AND 6AM DAILY 26	SUMMERTIME=FRESH 27
BEHAVIORS ARE CONTAGIOUS — HANG WITH ACTIVE PEOPLE 28	Benefits of Eating Breakfast — • Increase Metabolism • Maintain or Lose Weight • Enhance Mood • Stimulate Intelligence • Enhance Immune System 29	TRAVELING TO AN EXOTIC LOCATION? — avoid jetlag w/P3 30	SITTING IS THE NEW SMOKING 31	1	2	3
4	5	Goals				

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Performance Triad
Sleep | Activity | Nutrition