



News Release

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Army Performance Triad Campaign Kicks Off June 2

The Army Performance Triad campaign kicked June 2 in an effort to promote Sleep, Physical Activity, and Nutrition – three key components that are critical for health, wellbeing and readiness. While each component is independently important, optimal performance is achieved when all three are addressed simultaneously.

To explain more about the Performance Triad, below are Q&As discussed by Lt. Col. Kathy Hill during her June 2 interview with AFN Radio. Hill is chief of preventive medicine at Landstuhl Regional Medical Center.

Q: What is the Performance Triad?

A: The Performance Triad is a comprehensive plan created by the Army to improve readiness and increase resilience through public health initiatives and leadership engagement. The Performance Triad seeks to create a system of healthy behaviors that support individual Soldier performance and overall unit readiness, as well as a lifestyle of healthy behaviors for Soldiers and their Families. By increasing Soldiers' awareness in these three areas—Sleep, Activity and Nutrition—it is expected that Soldier performance and resilience will improve, thus improving Soldier and unit readiness.

Q: Keeping fit is a frequent topic in the military and media. What was the driving factor in implementing the Performance Triad initiative at this time?

A: National security is at risk when Soldiers are not fit or ready to fight. The Performance Triad will improve Soldier health and increase overall Army readiness.

Training hard and smart is only a part of the whole picture. Sleep and recovery time following hard workouts make the body stronger and faster. The fuel your body uses for peak performance and recovery comes from your diet. This is the inherent importance of the Performance Triad. While each component is independently important, optimal performance is achieved when all three components are addressed together.

Q: When it comes to performance and fitness, sleep is probably not one of the first things that come to mind. This is something we can all do with our eyes closed, right? What is your message about one of the things many of us enjoy doing most on the weekends?

A: Sleep is a biological need for brain function and critical for sustaining mental abilities. Sleep is required for success on the battlefield, at work, at home, in school. Adults require 7-8 hours of high quality sleep. Children require more. When Army Families do not get enough sleep, their performance suffers— putting themselves and others at increased risk for errors, accidents, and mishaps.

Q: Nutrition. What are we doing wrong and what advice can you give us to put us back on pathway to that elusive leaner inner self that's been hiding away for so long?

A: Good nutrition plays an important role in your daily life. A well-balanced and nutritious diet is part of the foundation of maintaining good health. One easy way to get you and your family on track would be to have family meals. Research shows family meals promote healthier eating and give families time to talk, listen, and build relationships. Children who eat with their families are better nourished, maintain a healthier weight, have better grades, and are less likely to smoke, drink or use marijuana.

Other suggestions might be:

- Drink at least 8-10 cups of water per day
- Aim to improve your eating habits by controlling your portions
- Hydration is critical to performance success - Choose water over sugary beverages and have water at each meal
- Make half your plate fruits and vegetables at each meal
- Avoid overeating by using a smaller plate for meals

Q: And last but not least - activity. Are we talking about a grueling daily regimen of pushups and pounding several miles a day on the track, or are there more realistic alternatives?

A: Physical activity doesn't have to be grueling. I would suggest starting with small changes. When you go to the BX or Commissary park your car in the farthest parking space. Try taking the stairs instead of the elevator or walk around your building at lunch. Pick activities you enjoy and invite family, friends and fellow Soldiers to join you.

Q: Although the Performance Triad kickoff begins this week, I understand LRMC got a head start with the Leaner LRMC Challenge that concluded a few weeks ago. Since that event was based on the Performance Triad, was it a good litmus test for success?

A: Yes it was; Altogether 109 LRMC staff completed the 10 week challenge. By the end of the 10 weeks they lost more than 200 inches from their waists and collectively lost 450 pounds!

Q: It sounds like they had a lot of help and guidance guiding them to pathway to success. Many of us, however, are willing to get fit but not exactly sure how to get started and remain motivated. Do you have any suggestions on where they can turn to for help?

A: There are several options available for help. You can talk to your medical provider to see what kind of program might be best for you. Also, The Army Wellness Center at LRMC or the Health and Wellness Center at Ramstein would be a great place to start. They can conduct an assessment and provide recommendations.