

# Healthy Behaviors

Healthy Behaviors help us maintain the body and brain in a ready state and recover from physical and mental stress.

Performing optimally requires optimizing your entire body and maintaining a healthy baseline.

## SLEEP

- ✦ Sleep helps cleanse out toxins from the body and brain, memory consolidation, skill acquisition, information processing, and learning.

Sleep Foundation



- ✦ Recuperative sleep will increase the capacity to maintain maximum resilience to stress.

National Sleep Foundation



- ✦ Poor sleep is associated with cognitive impairments, physical health problems, injuries, or accidents, and psychological health problems.

Naval Postgraduate School



CBT-i Coach App



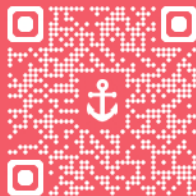
Insomnia Coach App



## NUTRITION

- ✦ Fuel your body to perform at an optimal level. A person can only perform for a short period of time on a poorly fueled diet.

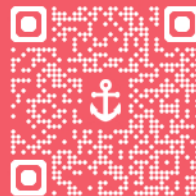
MyFitnessPal



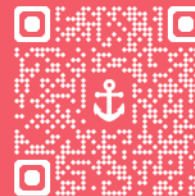
Fooducate



LifeSum



MyPlate



- ✦ Eat mindfully, sit and eat with others, check the label, only eat when you are hungry, avoid processed foods, use apps.

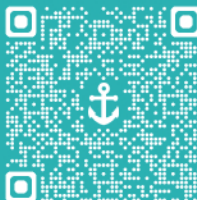
## PHYSICAL FITNESS

- ✦ Regular exercise improves overall health and performance, physical performance, energy and stamina, coping and problem-solving skills, mental alertness and focus, sleep, confidence and self-esteem.

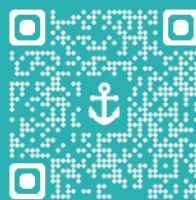
Health Promotion Toolbox



Navy Fitness



The Cooper Institute



HPRC Online

