



BRINGING WARRIOR TOUGHNESS TO LIFE

Preparing Your Body for Peak Performance



PHYSICAL HEALTH DIRECTLY IMPACTS YOUR ABILITY TO PERFORM UNDER PRESSURE

Peak performance starts with preparation. Keep sleep, exercise, and diet structured and consistent. Optimal performance is more than just being physically active and eating well.

Deliberately strengthen and harmonize your body for physical well-being through:

- ✓ Sleep readiness
- ✓ Physical fitness
- ✓ Nutritional fitness
- ✓ Medical readiness
- ✓ Dental readiness

STRATEGIES FOR SUCCESS

SLEEP

- Stick to a sleep schedule and bedtime routine.
- Avoid stressful and strenuous activities at bedtime.
- Relax.
- Meditate.
- Read a book.
- Stretch.
- Try to sleep 8 hours.
- Use headphones, earplugs, or eye masks.

PHYSICAL

- Exercise regularly year-round, not just during Physical Fitness Assessment (PFA) cycles.
- Exercise with a friend, family member, or shipmate.
- Establish a well-rounded fitness program.
- Use Navy Operational Fitness and Fueling System (NOFFS).
- Use Specific, Measurable, Achievable, Realistic, and Timely (SMART) goals.

NUTRITIONAL

- Eat mindfully.
- Read the food label.
- Make careful meal selections when eating out.
- Only eat when you are hungry.
- Consult a Navy nutritionist to establish a goal and meal plan.
- Use NOFFS.

Visit [MyNavy HR](#) to learn more about Warrior Toughness.

