

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.

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

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

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Sleep Foundation



National Sleep Foundation



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.

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

MyFitnessPal



Fooducate



LifeSum



MyPlate



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.

✦ Exercise helps make you be more resilient, be able to tolerate high stressors, recover, and grow from them. Exercise is great medicine.

Health Promotion Toolbox



Navy Fitness



The Cooper Institute



HPRC Online

