



# ARMY H.E.A.L.T.H.

HEALTHY EATING ACTIVITY LIFESTYLE TRAINING HEADQUARTERS

WARFIGHTER PERFORMANCE



PERSONNEL READINESS

EXCEEDING THE STANDARDS



ADVANCED PORTABLE TECHNOLOGY



Activity Tracker

Smart Scale

**Aiding Soldiers in combat readiness and optimum warfighter performance, H.E.A.L.T.H. utilizes cutting edge interactive “portable” technology so Soldiers can use it to maintain healthy nutrition and fitness wherever they are in the world.**

- Developed using Army weight and fitness standards, and the expertise of nutrition, fitness, and behavior experts
- Designed to improve personnel readiness & job performance
- Designed to assist Soldiers in maintaining or losing weight and improving fitness by providing individualized nutrition & fitness plans that can be updated as the Soldier meets goals
- Web/Smartphone-based and can be accessed from anywhere in the world at any time
- New features address resilience of Soldiers & family members
- Civilian family members can use the program
- Program is free of charge

