



AMEDD Civilian Corps

Working to improve the physical and behavioral health of the Civilian workforce, starting with the basics of **Activity, Nutrition, and Sleep Management**. **Note:** Healthcare guidance should be obtained before beginning any fitness or nutrition program.



Activity/Nutrition

US Army Public Health Command's Army Civilian Wellness Programs:

<http://phc.amedd.army.mil/topics/healthyliving/pft/Pages/default.aspx>

DoD WorkLife Personal Wellness:

http://www.cpms.osd.mil/wellness/wellness_index.aspx

Hooah 4 Health: <http://www.h4htracker.com/>

Office of Personnel Management: <http://www.healthierfeds.opm.gov/index.asp>

US Department of Agriculture: <https://www.supertracker.usda.gov/>

Sleep

CDC Sleep and Sleep Disorders: <http://www.cdc.gov/sleep/>

Get Enough Sleep:

<http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicId=68>

Behavioral Health

Comprehensive Soldier Fitness Global Assessment Tool Global Assessment Tool (GAT) – Civilian: <http://www.army.mil/csf/>

Army Behavioral Health: <http://www.behavioralhealth.army.mil/>

Healthy People 2020: <http://www.healthypeople.gov/2020/LHI/mentalHealth.aspx>