



A permanent change of station can be a stressful time for service members and their families. This brochure gives some nutrition and health promotion tips for families that can help ease the transition to a new location.

Additional Resources

Check out www.choosemyplate.gov and www.supertracker.usda.gov for great tips on nutrition. You can track foods eaten throughout the day along with your physical activity, create meal plans, learn about appropriate portion sizes, and much more.

At your new installation, stop by the Army Community Service Center for information on all the things available on post. Also contact your unit's Family Readiness Group for first-hand information that can be beneficial.

www.militaryonesource.mil is a great resource for service members and their families, offering information on a variety of topics.

Consider using a meditation app on your phone or tablet to help when feeling stressed. There are many free options available.

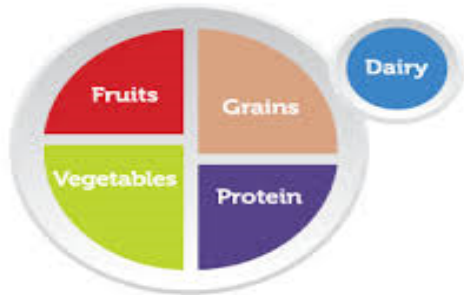
The Army Performance Triad offers guidance for sleep, nutrition, and activity. By managing these areas, the Army hopes to make families and soldiers stronger and more resilient.



*Army Family
Wellness During
PCS*

Nutrition

- Ask for a hotel room with a fridge and microwave
- Consider buying shelf stable and individual serving foods
- Use the loan closet on post for pots, pans, and other kitchen items
- Follow the My Plate guidelines when planning meals



Healthy foods available at home has been linked to children choosing healthy foods while eating out. Teach children healthy eating habits, and let them be involved with meal planning and preparation.

Health Promotion

- Physical activity is a proven stress reliever
- Adults need 150 minutes of activity a week, children need 60 minutes a day
- Try meditation when feeling stressed during a PCS



Research has shown that outdoor physical activity is associated with positive health perception and reduced tension levels. Get out and explore your new location!

Families with Children

- Communicate with family members about a PCS as soon as possible
- Ensure your sponsor knows you are coming with children, and they can assist in easing the transition
- Get kids involved at the new location, and help them create a support system



Developing strong family relationships and roles, along with finding community support during PCS, is a way to foster resilience in military families. Work together as a family, and keep communicating with each other during a PCS.