



WEAPONS OF MASS DESTRUCTION.

Simple choices make all the difference. Minimize the junk food, try a nutritious snack. What's healthy for you is healthy for DoD—making for a more productive and energized workforce. Be an active participant in DoD's wellness programs and start making smart choices today.

Stay Fit. Stay Smart. Stay Ready.



Apply Command And Control To Your Fork, Plate, & Bowl.

Simple choices make all the difference. Hold the pastrami, try the salad. What's healthy for you is healthy for DoD—making for a more productive and energized workforce. Be an active participant in DoD's wellness programs and start making smart choices today.

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Civilian
Personnel
Policy





Body Armor

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Increase Your Operational Tempo.

Simple choices make all the difference. Skip the elevator, try the stairs. What's healthy for you is healthy for DoD—making for a more productive and energized workforce. Be an active participant in DoD's wellness programs and start making smart choices today.

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