

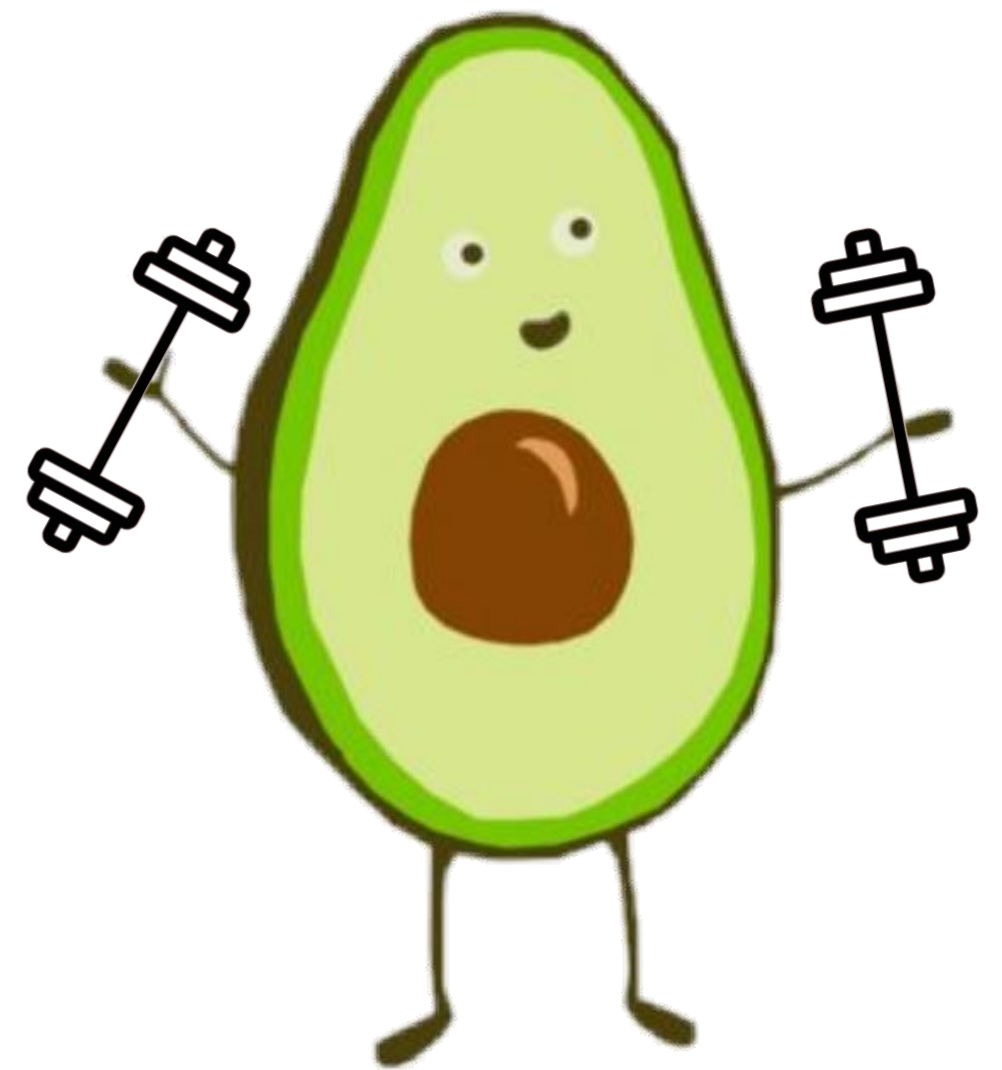


Navy Medicine Readiness and Training Command Health Promotion and Wellness



SHIP SHAPE

Weight Loss and Weight Management Program



Ship Shape

Who? Active-duty Sailors and Marines, as well as family members, DOD employees, and retirees, who exceed healthy body weight or have weight-related health problems.

What? This official Navy intensive weight-management program consists of 8 sessions that cover the primary components for weight loss: nutrition, physical activity, and mindset.

Where? Health Promotion and Wellness BLDG. 4 (right across from the base movie theater)

When? Call Health Promotion and Wellness for specific class dates, as each session lasts 8-weeks

Why? Weight management can benefit you personally and professionally, by improving overall health, preventing chronic disease, enhancing performance, and increasing resilience.

FAST FACTS

- Obesity is a chronic condition that affects more **than one in three adults** and about **17 percent of children** and adolescents in the United States.
- Being overweight or obese **increases** your risk of type 2 diabetes, heart disease, stroke, fatty liver disease, kidney disease, and other health issues.

Call Health Promotion and
Wellness today to schedule
your **FREE Ship Shape Class!**
910.451.7596

Navy Medicine Readiness and Training Command
Health Promotion and Wellness
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