

## ShipShape Program



(U.S. Navy Photo by HM2 Michael Romero)

The ShipShape Program is the official Navy weight management program designed to assist Active Duty and Reserve military service members, beneficiaries, and government civilians with making healthy behavior changes in order to lose weight. The program focuses on three components of a healthy lifestyle: mindset, nutrition and physical activity. Its aim is to create a healthy and permanent approach to weight loss that leaves participants with the skills and resources to lead healthy lifestyles. The class will be held on Wednesdays from August 5 through September 23 at 1200–1300 in the SEAT conference room.