



**Wellness Department
NAVAL HEALTH CLINIC
CHARLESTON**

January

The Way to Healthy Weight



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Do you want to enjoy the benefits of losing weight and keeping it off? Consider joining **Shipshape, the Navy's official weight loss program. **Shipshape** is an eight-week course to assist active duty members who exceed Navy body composition assessment (BCA) standards. **Shipshape** is also open to all adult TRICARE beneficiaries. This is a “what really works” approach to weight loss and long term weight maintenance. Call MS Washington, RD at 843-794-6910 for more information**

3
In addition to making small changes in food choices, increase activity by walking fifteen minutes a day or climb stairs instead of taking the elevator or other options

6
EAT BREAKFAST! Start your day off right with carbohydrates for initial energy and protein for sustained energy.



8
DIABETIC SELF MANAGEMENT GROUP CLASS
0830 - 1230

9
WEIGHT MANAGEMENT NUTRITION GROUP CLASS
0900-1100

10
Our consumption of sweet beverages (fruit juices and sodas) has skyrocketed and so has the rate of obesity. Remember: drink WATER when you are thirsty!

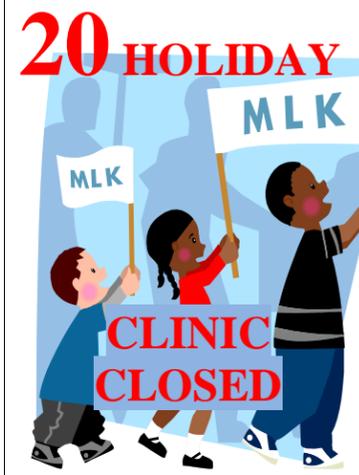
13
PREGNANCY NUTRITION GROUP CLASS
1300-1500

14
Gaining weight as you get older is not part of a natural process. It is the lack of physical activity and excess food intake that contributes to weight gain.

15
Stay hydrated during the day by drinking a total of two cups of water, juice, coffee or tea at breakfast. Take a bottle of water along with you



17
If you drink an extra can of regular soda each day, you can expect to gain 18 pounds in a year!



21
If you eat because of emotions, you may want to start keeping a food record of what you eat, when you eat and why you eat. Recognizing what triggers your eating can often make it easier to make changes

22
NUTRITION FOR CHOLESTOROL MANAGEMENT GROUP CLASS
0900-1100

23
P-C-F BALANCE: At each meal combine protein, carbohydrate and fat for better nutrition and appetite control. Refuel at regular intervals (every 4-5 hours) throughout the day.

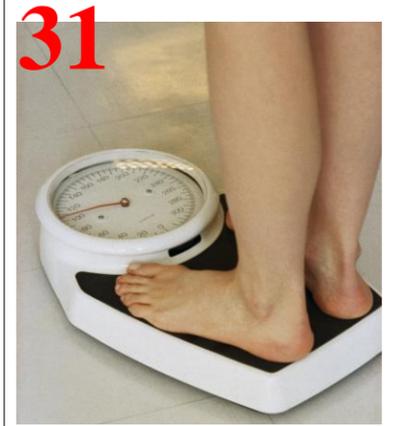
24
PREGNANCY NUTRITION GROUP CLASS
0900 -1100

27
WEIGHT MANAGEMENT NUTRITION GROUP CLASS
1300 - 1500

28
DIABETIC SELF MANAGEMENT GROUP CLASS
1230-1630

29
SHIPSHAPE NUTRITION Class #1
1400-1600

30
For weight management and cardiac health, cutting back on total fat is a good idea. High intake of fat can sabotage any weight loss efforts



Quit Now And Save \$\$\$\$\$\$'s And Your Health In The New Year! For Tobacco Cessation information, Call Ms Dion at 843-794-6916.