



The Health Promotions Department Naples, Italy

P R E S E N T S

An 8 -Week Ship Shape Weight Management Class



The Ship Shape program is the Bureau of Medicine and Surgery (BUMED) approved weight management program that is facilitated in partnership with Nutrition Management and MWR. The Ship Shape focus is on establishing new ways of life or habits that promote weight loss and successful weight maintenance. This is a multi-dimensional approach, focusing on nutrition education, increased exercise, and behavior modification to improve the participant's health and well being, as well as, maintenance of acceptable body weight and body fat percentage that is within Navy standards.

Attendance is open to service members of all branches, civilians, dependents, local nationals and NATO personnel.

Classes are offered at Capodichino and the Support Site. Please contact us for the date, time and location of our next session.

DSN 629-6311/6313/6445

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