

## Health Promotions



### MISSION:

TO PROVIDE QUALITY HEALTH  
PROMOTION PRODUCTS AND SERVICES  
TO OUR WORLDWIDE CUSTOMERS

### VISION:

A HEALTHY AND FIT FORCE!

For more information related to USNH  
Naples' Health Promotion visit our local  
internet site at :

[www.naples.med.navy.mil](http://www.naples.med.navy.mil)

Visit the Navy's Health Promotion page on  
the Navy and Marine Corps Public Health  
Center internet site at :

[http://www-nmcphc.med.navy.mil/  
Healthy\\_Living/Weight\\_Management/  
shipshape\\_overview.aspx](http://www-nmcphc.med.navy.mil/Healthy_Living/Weight_Management/shipshape_overview.aspx)



Directorate of Public Health

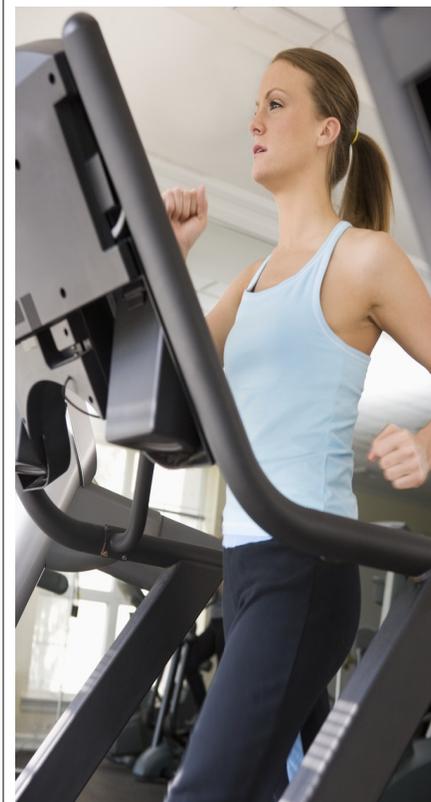
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**FPO AE 09617**

COM 081-568-6807  
DSN 626-6807



**Forge the Future**  
*Fit Today for*  
*Tomorrow's Challenges*

## Health Promotions



Commercial 081-811-6311/6315  
DSN 629-6311/6315

## HEALTH PROMOTIONS CLASSES AND PROGRAMS

Classes sponsored by Health Promotions are open to all service members of all branches of the military, civilians, dependents, local nationals and NATO personnel.



### SHIP SHAPE

The Ship Shape Program is the Bureau of Medicine and Surgery (BUMED) approved weight management pro-

gram that is facilitated in partnership with Nutrition Management and MWR. The Ship Shape Program focuses on establishing new ways of life or habits that promote weight loss and successful weight maintenance. This is a multidimensional approach, focusing on nutrition education, increased exercise, and behavior modification to improve the participant's health and well being. Ship Shape also helps to maintain a body weight and body fat percentage within the Navy's standard.



### TOBACCO CESSATION



Are you ready to quit smoking, but not sure if you can do it alone? The American Cancer Society's Fresh Start Program is held in four one hour sessions each month. This is a group setting where you will learn the harmful effects of tobacco, get nutritional and stress management tips, and learn the different nicotine replacement therapies that are available to you. You will receive tips to learn how to stop smoking, and how to end your physical and psychological need for tobacco products.

### HEALTHY SHOPPING TOUR

Go for a tour of our Commissary with a Dietician!

Learn how to read the food labels and how the isles are stocked. You will also get great tips and suggestions on purchasing healthy foods.



### DIABETIC SUPPORT GROUP

Have you been newly diagnosed with Diabetes? Have you been living with Diabetes for years? This group is for individuals who need education, support and encouragement to live and cope with Diabetes.



### HEALTHY HEART SEMINAR



Come learn how your heart works and how to keep it healthy! Topics to be covered include: how the heart works, risk factors for heart disease, high cholesterol (effects and treatments), heart emergencies, and heart disease prevention strategies.

### GENERAL MILITARY TRAINING



The following presentations are available from the Health Promotions Department to aid in providing health related education to members of your command:

- Alcohol and Drug Abuse Awareness
- Injury Prevention
- Nutrition Management
- Physical Fitness
- Sexual Health Awareness
- Stress Management
- Suicide Awareness

Contact the Health Promotions Department and we will be happy to assist you in planning and promoting these very important and informative presentations.

Contact us!

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Email: [napleshealthpromotions@med.navy.mil](mailto:napleshealthpromotions@med.navy.mil)