



ShipShape - Weight Management Program

Ship Shape is an eight session action-oriented weight management program that reflects the current state of knowledge on weight loss. The program presents a healthy and permanent approach to weight loss and is designed for all adults who are overweight. It is specifically designed to assist active duty members in meeting DON body composition standards.

However, it is also an appropriate intervention for family members and retirees who exceed healthy body weight or have weight-related health problems. The program provides basic information on nutrition, stress management, physical activity, and behavior modification techniques to lower and maintain a healthy body weight.

Active Duty Personnel interested in participating in the Ship Shape Program or those who are enrolled in the Fitness Enhancement Program must obtain a recommendation and referral from their Commanding Officer (CO) or Officer in Charge (OIC) through their Command Fitness Leader (CFL). The CFL is responsible for tracking attendance of command-referred personnel through PRIMS.

Weight control is difficult for many individuals. This program will provide those who attend with the best available tools in order to be successful. Attendance to all sessions is required to enable receive certificate of completion. Ship Shape class session attendance are considered as medical appointment.

Topics covered:

Session 1 - Steps to Success

Session 2 - Fueling Your Body and Brain

Session 3 - Weight Loss Tracking and Trends

Session 4 - Power Up! Physical Activity

Session 5 - Psychology of Weight Management

Session 6 - Creating Supportive Environments

Session 7 - Stress Management and Relaxation

Session 8 - Preparing for the Future

For more information contact the Wellness Clinic at (361) 961- 3914.