

FOR IMMEDIATE RELEASE

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Next USNH Shipshape slated to begin July 14

U. S. Naval Hospital Okinawa Public Affairs

CAMP LESTER—The U.S. Naval Hospital Okinawa Health Promotions Department has announced that the next cycle of the hospital's Shipshape program will begin July 14.

Shipshape is the Navy's 8-week weight management program. ShipShape presents a healthy, permanent approach to weight loss, providing basic information on nutrition, stress management, physical activity, and behavior modification techniques to lower and maintain a healthy body weight.

The next class cycle at U.S. Naval Hospital Okinawa starts on Thursday, July 14 and runs every Thursday through Sept. 1.

The first class of the new cycle will meet in the Health Promotion Office, located in room 217 in the hospital's South Wing. Subsequent classes will be held in the Director of Public Health (DPH) conference, room 2nd floor above the Lester Family Medicine Clinic.

“The class location is subject to change depending on class size,” said the Health Promotions Specialist at the hospital.

Class times are from 11 a.m. – 1 p.m. or from 4 p.m. – 6 p.m.

Shipshape is open to ALL BENEFICIARIES. However, class organizers note that for Navy active duty personnel that are currently on the Fitness Enhancement Program (FEP) must be referred to the Shipshape Program Coordinator by their unit’s Command Fitness Leader (CFL).

“This program is an excellent resource for those who are interested in planning for the next PRT cycle,” said the Health Promotions Specialist.

More information on the Navy’s Shipshape program can be found here:

http://www.nmcphc.med.navy.mil/Healthy_Living/Weight_Management/shipshape_overview.aspx

Pre-registration prior to class is required. For more information or to sign up, call 643-7906 or email NHOKi-Healthpromotion@med.navy.mil .

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