Prevention and protection start here.

Health Promotion and Wellness

The Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness Department (HPW) and the Semper Fit Health Promotion Program provide innovative and evidence-based health promotion and wellness programs and services that facilitate combat readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors and lifestyles.

The Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center is passionate about keeping Marines fit for service in seven key areas:

- Healthy Eating
- Active Living
- Tobacco Free Living
- Reproductive and Sexual Health
- Psychological and Emotional Well-being
- Injury and Violence Free Living
- Preventing Drug Abuse and Excessive Alcohol Use

To learn how our programs can help keep you fit for service and improve your overall health, visit us at **WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION** and **WWW.USMC-MCCS.ORG/HEALTHPROMOTIONS/**.

YOU SERVE. WE PROTECT.

Health Promotion and Wellness Overview

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

Healthy Eating

Just as proper fuel is important for your vehicle, healthy eating is crucial for fueling the human body. We understand the barriers to eating healthy. NMCPHC and Semper Fit Health Promotion and Fitness have the educational resources and materials you need to help you select nutrient dense, healthy food for optimal performance.

Active Living

Exercise helps you look good and feel good. When you're in shape, you perform better on and off the job. As a Marine Corps resource for physical fitness, we know how to get you moving and we know how to keep you fit. Whether you want to start a new exercise routine, refresh your workout, or train like a professional athlete, NMCPHC can help you identify the exercise regimen to help you meet your fitness goals. Additionally, Semper Fit Fitness offers programs such as personal training, group exercise, High Intensity Tactical Training (HITT), and Aquatics Maximum Power Intense Training (AMP-IT) to help you stay active and improve physical performance.

Tobacco Free Living

Tobacco is a dangerous addiction that's expensive, deadly and has a serious impact upon readiness. To help you win the battle, NMCPHC and your local Semper Fit Health Promotion Program offer you effective resources to end tobacco use and learn about the harmful effects of secondhand smoke.

Reproductive and Sexual Health

Intimacy and responsible sex can be wonderful; thoughtful decisions and planning can help make these experiences positive. Engaging in risky sexual behavior can result in sexually transmitted infections (STIs), like HIV, or unintended pregnancies. NMCPHC offers you practical tips, educational materials, and prevention strategies that can help you, your partner and your family remain sexually and reproductively healthy.

Psychological and Emotional Well-being

It's critical for Marines to be psychologically strong. NMCPHC has the educational resources to help you strengthen your resilience so you can perform at your best. Another resource is the Marine and Family Programs on your installation. Together, the NMCPHC and Marine and Family Programs have valuable information to build psychological resilience.

Injury and Violence Free Living

Injuries create more of an ongoing threat to the health and readiness of our U.S. Armed Forces than any other medical condition. NMCPHC and your Semper Fit Fitness and Health Promotion Office offers you practical tools, educational resources, and evidence-based prevention strategies that help keep you physically and emotionally injury free.

Preventing Drug Abuse and Excessive Alcohol Use

NMCPHC and the Marine Corps Headquarters Behavioral Health Branch have the educational materials and resources to help you understand the negative effects of binge drinking and misuse or abuse of over-the-counter and prescription medications so that you can overcome alcohol and drug abuse and live a healthy life.

Wounded, Ill and Injured

NMCPHC works to enhance the readiness, resilience, and recovery of Wounded, Ill and Injured Marines by offering tailored informational tools and materials for healthy living.