

Learn more!

Jumpstart a healthier lifestyle.

Healthy weight loss isn't just about a "diet" or "program." It's about an ongoing lifestyle that includes long-term changes in daily eating and exercise habits to help you reach and maintain a healthy weight for life. Weight management can benefit you both personally and professionally, by increasing readiness, enhancing peak performance, and building resilience. You can achieve a permanent healthy weight by eating a balanced diet of nutrient-dense foods and engaging in regular physical activity. The Navy's program for weight management, the ShipShape Program, can help by equipping you with information and resources to create an individualized action plan that addresses your nutrition and physical activity needs.

To learn more about the ShipShape Program, visit us at WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION/PAGES/SHIPSHAPE.ASPX. Comments or general questions can be emailed to the ShipShape program manager at NMCPHCPTS-SHIPSHAPE@MED.NAVY.MIL.

For more information about your local ShipShape Program, please see the contact information below:

Important Dates and Locations



SHIPSHAPE 
Weight Management Program

**GET READY. GET FIT.
GET HEALTHY.**



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What is the ShipShape Program?

The ShipShape Program is the official Navy weight management program that assists active duty Sailors, beneficiaries, and government civilians with making healthy behavior changes in order to lose weight. The program consists of eight sessions that focus on three important components for weight loss: mindset, nutrition, and physical activity. The goal is to equip participants with the skills and resources necessary to jumpstart a healthier lifestyle. The ShipShape Program is administered at various local commands by certified ShipShape Program Facilitators and is managed by the Navy and Marine Corps Public Health Center (NMCPHC), as designated by BUMEDINST 6110.16.

Who is eligible to participate in the ShipShape Program?

Active duty Sailors, beneficiaries, and government civilians can enroll in the ShipShape Program to learn how to safely achieve long-term weight management goals. The program is highly recommended for active duty personnel who have failed or are at risk of failing their body composition assessment (BCA) or physical fitness assessment (PFA). Participants can be referred to the ShipShape Program by command fitness leaders (CFLs), primary care providers, or can self-refer based off of a personal decision to improve weight management skills.

How does the ShipShape Program work?

Over the course of eight sessions, ShipShape Program Participants receive information, motivation, guidance, and support in a group setting. The objective is to develop personal lifestyle modifications for healthy weight loss and long-term weight management.



Sessions are led by certified ShipShape Program Facilitators at medical treatment facilities (MTFs) and clinics, shipboard commands, and other ashore facilities. Topics covered in the sessions include basic nutrition and physical activity, setting goals, strategies for weight loss, creating supportive environments, psychology of weight loss and stress management, and current weight loss trends. The program also provides up to six months of follow-up support so that each participant can stay on track with their weight loss goals.

CFLs act as the command liaison for ShipShape Program Facilitators and provide each potential participant with a written referral from the command to the ShipShape Program Facilitators. CFLs assist the Program Facilitators to ensure that participants attend all sessions and help to coordinate efforts during the six months of follow-up support.

How does the ShipShape Program help participants with weight management?

The ShipShape Program was developed based on research, industry best practices, and current trends in fitness, weight loss, nutrition, and stress management. ShipShape Program Facilitators work to help design customized action plans that address nutrition, physical activity, and psychological readiness, and apply weight loss concepts to daily living. The ShipShape Program Curriculum ensures that each of the eight sessions cover the three key areas of the program: mindset, nutrition, and physical activity. The ShipShape Program Curriculum includes:

- **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

