



GET READY. GET FIT. GET HEALTHY.



The ShipShape Program

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. 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 is managed by the Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center and 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.

To learn more, visit us at WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION/PAGES/SHIPSHAPE.ASPX.

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

Important Dates and Locations:

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

