FIT FOR DUTY. FIT FOR LIFE.

Weight Management for Wounded, Ill, and Injured Sailors and Marines

You may face many challenges during your recovery from a wound, injury, or illness and reaching or maintaining a healthy weight can be one of them. Finding a healthy weight that is right for you can take some time, and it is important to keep in mind that even small changes in weight can affect your body's ability to heal and recover. You can achieve a healthy weight by selecting and eating a balanced diet of nutrient-dense foods and engaging in physical activity. As a Navy resource for weight management, the Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center offers tools and resources to help you lose or gain weight, or maintain a healthy weight.

To learn how our programs can help facilitate recovery and strengthen resilience, visit us at **WWW.MED.NAVY.MIL/SITES/NMCPHC/WOUNDED-ILL-AND-INJURED/PAGES/HEALTH-PROMOTION.ASPX**.

For more information on your local resources, contact:

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

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