

Complete resources for active living.

Personal excellence.

Exercise helps you reach your personal best. You look good, feel good, improve your health, and perform at your peak on and off the job. As a Marine Corps resource for physical fitness, the Navy and Marine Corps Public Health Center Health Promotion and Wellness Department and your Semper Fit Health Promotion and Fitness Programs offer you resources to help keep you active so that you can be at your prime physically, psychologically, and operationally. We know how to get you moving and how to keep you fit. Whether you want to start a new exercise routine, refresh your workout regimen, or train like a professional athlete, we can help you identify the workout program to help you meet your fitness goals.

Visit www.med.navy.mil/sites/nmcphc/health-promotion/active-living/Pages/active-living.aspx to learn more about active living, including:

- ▶ 21st Century Sailor and Marine Initiative
- ▶ MCCS **Semper Fit** programs
- ▶ Marine Corps Fitness Readiness Guide
- ▶ Active Living Downloads
- ▶ Command Fitness Leader Course
- ▶ Crews Into Shape Challenge

To learn how our resources and tools can help keep you fit for service and improve your overall health, visit us at WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION and [HTTPS://WWW.MANPOWER.USMC.MIL/WEBCENTER/PORTAL/MRAHOME](https://www.manpower.usmc.mil/webcenter/portal/mrahome).

For more information on your local resources, contact:



YOU MOVE. WE GUIDE.



Active Living Overview



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



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Exercise good judgment.

Physical activity is an important factor in healthy living. Engaging in a variety of moderate to intense aerobic exercise, muscle strengthening, and functional body movement activities will help you¹:

- › Manage your weight
- › Improve your energy level
- › Reduce your stress level and improve your mood
- › Strengthen your bones and muscles and reduce risk of injury
- › Promote healing following illness or injury
- › Improve your operational performance on the job and during activities off the job
- › Reduce your risk of cardiovascular disease, type 2 diabetes, and some cancers
- › Increase your chances of living longer

Be active.

If you don't exercise regularly, it's important to just get moving. Try brisk walking, bicycling, swimming, basketball, elliptical training, attending an exercise class for beginners, mowing the lawn, or gardening. Research shows that resistance training is necessary for muscular strength and endurance.² Resistance training can be done in a variety of ways, including lifting free weights or sandbags, utilizing machine weights, and performing resistance band or body weight exercises.³

Refresh your workout.

Already exercising, but feel like you've hit a plateau with your fitness regimen? We can help you revitalize your workout by identifying new functional movements, activities, and routines to help you feel challenged and reach your fitness goals.

Train like a warrior.

Physical fitness is a key component of combat readiness. Successful completion of any mission, whether in a training environment or in combat, requires strength, muscular and cardio-respiratory endurance, agility, and coordination. An effective combat conditioning program, such as Semper Fit's High Intensity Tactical Training (HITT) and the Aquatics Maximum Power-Intensity Training (AMP-IT), encompasses all of these physical fitness components as well as guidance on proper nutrition, injury prevention, and fatigue management. A balanced approach to physical readiness will assist you in consistently performing your best.

We believe in the concept of "operational fitness" — personalizing your workout routine with functional exercises that mimic your job-related movements, so your workout activities relate directly to your job demands. HITT is a Marine Corps program that was developed to do just that. HITT is a functional based combat performance enhancement program containing five integrated components⁴:

- › Injury Prevention
- › Strength and Power
- › Speed, Agility, and Endurance
- › Flexibility and Core Stability
- › "Fueled to Fight" Nutrition

The Marine Corps' HITT Program and the AMP-IT Program are designed to meet your combat and operational fitness requirements.

Be active anywhere.

You don't need a gym to be active. For additional help with creating, refreshing, or amplifying your workout routine, contact your Semper Fit Health and Fitness Department.

- 1 Physical Activity and Health. Centers for Disease Control and Prevention. <http://www.cdc.gov/physicalactivity/everyone/health/index.html>. Published 2011. Accessed March 2015.
- 2 Impact of resistance training on endurance performance. A new form of cross-training? National Institutes of Health. <http://www.ncbi.nlm.nih.gov/pubmed/9554029>. Published 1998. Accessed April 2015.
- 3 Muscular Strength. Human Performance Resource Center. <http://hprc-online.org/physical-fitness/training-exercise/exercise/cardio-strength-and-flexibility/muscular-strength>. Accessed March 2015.
- 4 High Intensity Tactical Training Program Methodology. Human Performance Resource Center. <http://hprc-online.org/physical-fitness/files/HITTMETHODOLOGY.pdf>. Accessed March 2015.

