



# YOU MOVE. WE GUIDE.



## **Active Living**

Exercise helps you reach your personal best. You look good, feel good and perform at your peak on and off the job. As a Navy resource for physical fitness, the Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center offers 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 we know 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.

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](http://WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION)

For more information on your local resources, contact:

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

