



It's Time to Get Crewsin'!

Crews Into Shape

What is the Crews Into Shape Challenge?

The Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department will hold its 15th Annual Crews Into Shape Challenge in March 2015 in conjunction with National Nutrition Month® and Navy Nutrition Month. Crews Into Shape is a four-week challenge that uses a team approach to promote wellness, combining the support of colleagues and family members to help participants work toward a healthier lifestyle. Each crew member earns points for exercising, maintaining or achieving a goal weight, eating fruits and vegetables, and engaging in other healthy activities.

The challenge is open to all Active Duty and Reserve service members in the Navy, Marine Corps, Army, Air Force, and Coast Guard, and is also open to DoD family members and civilians.

When Do I Register?

Register by 28 February 2015 and the challenge will take place 1-28 March 2015.

How Do I Register?

Visit the Crews Into Shape Quick Start Checklist for Crew Leaders Web page:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-crew-leaders.aspx>. Complete the top portion of your Crew Worksheet and email it to:

usn.hampton-roads.navmcpublthcenpors.list.nmcphc-crewsintoshape@mail.mil

To learn how our programs can help keep you fit for service and improve your overall health, visit us at:

[HTTP://WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION/PAGES/CREWS-INTO-SHAPE.ASPX](http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/crews-into-shape.aspx)