

# Crews Into Shape – 2016!

- The Crews Into Shape challenge is held every March in conjunction with National Nutrition Month® and is sponsored annually by the Navy and Marine Corps Public Health Center (NMCPHC).
- The intent of the challenge is to spark & guide workplace-focused, team-oriented, physical activity & improved fruit & vegetable intake.

## Each Crew Member earns points for

- 🍎 Exercising
- 🍎 Maintaining or achieving a goal weight
- 🍎 Eating fruits and vegetables
- 🍎 Engaging in other healthy activities



# Challenge Details

- 🍎 2015 Crews Challenge drew **311** teams, comprised of **1,941** Crew Members.
- 🍎 **87%** improved their daily fruit & vegetable consumption habits.
- 🍎 **78%** said “Crews” improved their daily exercise routines.

Challenge is from March 06 – 02 April  
*Register today!*

