



# Crews Into Shape

*4-Week Challenge*

*2-29 March 2014*

*No weigh-in required!*

*Challenge others at your unit /  
command to "Crews Into Shape"*

**Why?** Get closer to that fit, healthy, energetic you!

**What?** 4-week challenge from 2-29 March 2014 that brings people together for a team approach to wellness. Each crew member earns points for exercising, maintaining or achieving a goal weight, eating fruits and vegetables, and other activities.

**Who?** The entire DoD family is invited on board!

**How?**

- Find 2 to 10 team/crew members
- Pick a crew leader
  - For challenge rules and registration information, go to:  
<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/crews-into-shape.aspx>

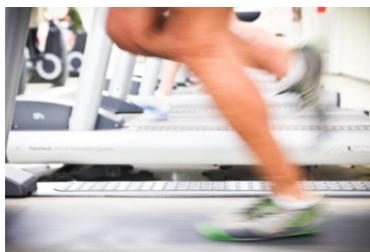
**When?** Register your crew with Navy and Marine Corps Public Health Center by 28 February 2014

*Each crew member who completes the challenge receives a certificate.*

Contact us at

dawn.whiting.ctr@med.navy.mil  
(757) 953-3152 [DSN 377]

For further information and  
Crew Leader/Crew Guide scan the  
QR code below:



"Our crews are competing against each other and it is a fun time here—good healthy competition. We have different crew members who are bringing in fruit daily, you see everyone with bottles of water, and PT time is being taken much more seriously.  
2005 "Crew" Member

"I can actually do more now because of exercising. I feel less tired at work and have more energy when I go home. I'm able to spend more productive time with my family,"

2003 "Crew" Member

