



Navy and Marine Corps Public Health Center  
**Crews Into Shape 2014 Press Release**



Join the Crews Into Shape Challenge— March 2014

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

The 14th annual challenge will run from 2-29 March 2014.

The Crew sign-up form is downloadable and is sent by the Crew Leader to NMCPHC via e-mail.

Each Crew earns a score and each Crew Member earns a certificate. The Crew name, location, and final score of all registered crews will be posted on the Crews homepage and commands earn points toward their 2014 "Blue H" award for each registered Crew.

But Crews in' is not really about the score. Everyone who starts the challenge can benefit by becoming more aware of their daily habits and maybe even improve upon them.

Register your Crew of 2-10 people by 28 February 2014 at:

<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/crews-into-shape.aspx>

During the 2013 challenge, 1,990 Crew Members in 271 "Crews" composed of soldiers, sailors, airmen, marines, coast guardsmen, DoD civilians, contractors and family members registered for the Crews Into Shape. See the list of 2013 Crews at:

<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/2013registeredcrews.pdf>.

Of the 448 people who provided feedback, most agreed that the Crews "helped me improve my daily habits" regarding physical activity (71%), fruit consumption (82%) and vegetable consumption (85%). See all the 2013 Crews customer feedback at:

<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/crews-impact-feedback-2013.pdf>

The Crews Into Shape POC is:

Dawn Whiting, MS  
Public Health Educator  
Navy and Marine Corps Public Health Center (NMCPHC)  
620 John Paul Jones Circle, Suite 1100  
Portsmouth VA 23708  
(757) 953-3152; DSN 377  
Mail to: [dawn.whiting\\_ctr@med.navy.mil](mailto:dawn.whiting_ctr@med.navy.mil)