



# Healthy Weight Month

## Plan of the Week Notes

### Week 1

**Maintaining a healthy weight is critical for the military mission and resilience.** For Sailors and Marines, exceeding body composition assessment (BCA) standards can negatively affect one's career if a Sailor or Marine is unable to pass annual physical fitness benchmarks such as the Navy Physical Readiness Test and the Marine Corps Physical Fitness Test. Exceeding BCA can also be an impediment to readiness because extra pounds can decrease physical performance, reduce quality of life, and increase health problems such as heart disease, diabetes, stroke, and some types of cancer.<sup>1</sup> To make healthy eating, active living, and psychological and emotional well-being practices [part of your daily routine](#), set a specific goal, make a plan, and stick to it until your new routines become second nature. Get started now with the [One Day at a Time: 31 Day Challenge for a Healthier Life](#) on the [Healthy Weight HP Toolbox](#). Just one, small incremental step a day will guide you in developing habits that allow you to achieve or maintain a healthy weight for a lifetime.

### Week 2

**Making small changes to your regular eating routine can help you manage your weight.** Eating healthy foods is different from dieting. Choosing the right foods can keep you feeling full longer and energized throughout the day to perform your duties. If you develop lifelong healthy eating habits, you won't need to diet because your body will be getting the right fuel to thrive. The best foods for peak performance are fruits, vegetables, lean protein, and whole grains. Your average meal should be colorful with  $\frac{1}{2}$  plate consisting of fruits and veggies,  $\frac{1}{4}$  plate with lean protein, and  $\frac{1}{4}$  plate with whole grains. For more information, check out [10 tips to build a healthy meal](#) and learn how you can [eat more without gaining weight](#). Begin the road to healthier eating habits in small, incremental steps, such as replacing your post-workout sports drink with water. Understand the factors that contribute to your eating habits in order to control your food choices by using the [Tracker to Identify Your Food Triggers](#).



## Week 3

**Being active increases your chances of living longer and performing better - both on and off the job.** Paired with healthy eating habits, exercise also helps you maintain a healthy weight. But being active does not have to mean hitting the gym for hours at a time. You can incorporate small changes into your life each day. You can choose taking the stairs over the elevator, play a game like soccer or basketball with a group of friends, or [take a walk during your lunch break](#). Check out [these tips for increasing physical activity](#) to incrementally develop habits to increase your physical activity. Already active? Refresh your [workouts](#) with a new activity or check out [Navy Operational Fitness and Fueling System \(NOFFS\)](#) for information and workouts you can use today.

## Week 4

**Your psychological and emotional well-being is just as important as diet and exercise when it comes to maintaining or achieving a healthy weight.** When you are consistently stressed, tired, or unhappy, you may be less motivated to exercise and take the time to prepare healthy foods. [Insufficient sleep](#) can also take its toll on the body. It is important to take time for yourself, and do things that make you feel happy and relaxed, such as getting a [good night's sleep](#), spending time with friends and family, [managing stress at work](#), and perhaps even trying some [relaxation exercises](#). The [ShipShape Program](#) is another resource that can help Sailors develop a healthy and permanent approach to weight management through nutrition, physical activity, and positive mindset. You can also find resources to seek support and [build resiliency that will support your psychological and emotional well-being](#).

## References

<sup>1</sup> Centers for Disease Control and Prevention. Division of Nutrition, Physical Activity, and Obesity. The Health Effects of Overweight and Obesity. <http://www.cdc.gov/healthyweight/effects/index.html>. Published 5 June 2015. Accessed November 2015.