



## Health Promotion Toolbox

[http://www-nmcphc.med.navy.mil/Healthy\\_Living/Resources\\_Products/HP\\_toolbox/toolbox\\_healthyweight.aspx](http://www-nmcphc.med.navy.mil/Healthy_Living/Resources_Products/HP_toolbox/toolbox_healthyweight.aspx)

### January – Healthy Weight

#### A Message for Commanding Officers

January signals a time for renewed effort and opportunity to achieve important goals that individuals and groups set for themselves. A common goal at New Years is to achieve a healthy body weight. Almost two-thirds of the U.S. population is overweight or obese and many Americans do not participate in the minimum amount of physical activity recommended by experts. It's also common that Sailors approaching the spring PRT cycle are overweight and out of shape. However, the real health and performance benefits of maintaining a healthy weight and high level of fitness are only achieved if Sailors adopt long-term healthy eating habits and stay fit throughout the year.

Commanding Officers should understand that maintaining a healthy weight becomes hard when Sailors' jobs become more technical and sedentary, when there no time for additional physical activity, and when high-calorie foods and snacks are promoted throughout society. Hard....but not impossible. What is required is more active planning by both commanders and individuals for incorporating healthy eating and physical activity into every day.

Although individuals can most easily lose excess body fat through dieting, anyone trying to lose weight should also be participating in both aerobic and strength training in order to enhance the effectiveness of the weight loss and to preserve their muscle mass. Commanding officers can promote healthy body weight among their Sailors by:

- \*Establishing a strong command policy on individual and unit-level physical training
- \*Lead by example during command physical training.
- \*Make weight management tools and resources available to members who are at or above the official Navy weight standards.
- \*Empower Command Fitness Leaders to identify and intervene early with Sailors who have weight problems