

## A complete resource for weight management.



### Personal excellence.

Why enlist a temporary fix, when you can deploy a permanent solution? Fad diets, which eliminate or severely reduce certain food groups, may result in brief weight loss, but weight management is about reaching and maintaining a healthy weight for life. Weight management can benefit you personally and professionally, by increasing readiness, enhancing peak performance, and building resilience. You can achieve a permanent healthy weight by eating a balanced diet of nutrient-dense foods and engaging in regular physical activity. As a Marine Corps resource for weight management, the Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center and Semper Fit Health Promotion and Fitness Programs offer tools and materials to help you lose or gain weight, or maintain a healthy weight.

Visit [www.med.navy.mil/sites/nmcphc/health-promotion/Pages/weight-management.aspx](http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/weight-management.aspx) to learn more about:

- ▶ Physical Activity and Physical Fitness Strategies, Information and Programs
- ▶ Performance Nutrition
- ▶ Weight Management and Dietary Supplements
- ▶ Creating a Healthy Eating Environment
- ▶ Navy Operational Fitness and Fueling System (NOFFS)
- ▶ Food Safety
- ▶ Healthy Eating to Prevent Chronic Disease
- ▶ Healthy Eating for those who are Wounded, Ill, or Injured

To learn how our programs can help keep you fit for service and improve your overall health, visit us at [WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION](http://WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION)

For more information on your local resources, contact:

## FIT FOR DUTY. FIT FOR LIFE.



### Weight Management Overview



**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**  
PREVENTION AND PROTECTION START HERE



**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**  
PREVENTION AND PROTECTION START HERE

## Fuel for excellence.

Maintaining a healthy weight is important for military readiness and resilience. Being underweight, overweight, or obese may impede your ability to look good, feel good, and perform at your peak on and off duty. While the need to gain weight for some Marines is every bit real, the percentage of those underweight remains low. However, as noted in the 2013 Fleet and Marine Corps Health Risk Assessment Annual Report, Marine Corps respondents indicated a 4.5 percent obesity rate based on self-reported criteria. The good news is that you can change this by making healthy food choices and engaging in regular exercise.

Nutrient-dense foods (whole grains, lean protein, fruits, vegetables, and low-fat dairy products) give you the “biggest bang for your buck.” They contain the most vitamins and minerals, which provide you with quality energy, for the least amount of calories. Due to their high fiber content, nutrient-dense foods also make you feel full longer which reduces your intake and helps you maintain a healthy body weight.

## How to eat healthier.

You can eat healthier by:

- ▶ Avoiding oversized portions
- ▶ Making half your plate fruits and vegetables
- ▶ Making at least half of your grains whole grains
- ▶ Switching to fat-free or low-fat (1%) dairy products (milk, cheese, yogurt)
- ▶ Choosing foods with less sodium
- ▶ Drinking water instead of sugary drinks

## Warrior Fitness.

Along with nutrition, an important aspect of weight management is physical activity. Engaging in a variety of moderate to intense aerobic, muscle strengthening, and functional body movement activities will help you control your weight and maintain combat readiness. An effective combat conditioning program, such as Semper Fit’s High Intensity Tactical Training (HITT) and

the Aquatics Maximum Power Intensity Training (AMP-IT), encompasses all of these physical fitness components as well as guidance on proper nutrition, injury prevention, and fatigue management. A balanced approach to physical readiness will assist you in consistently performing your best. We believe in the concept of “operational fitness”—personalizing your workout routine with exercises that mimic your job-related movements, so your workout activities relate directly to your job demands. HITT is a Marine Corps program that was developed to do just that. HITT is a functional based combat performance enhancement program containing five integrated components:

- ▶ Injury Prevention
- ▶ Strength and Power
- ▶ Speed, Agility and Endurance
- ▶ Flexibility and Core Stability
- ▶ “Fueled to Fight” Nutrition

The HITT Program and the AMP-IT Program are designed to meet your combat and operational fitness requirements.

## Losing weight.

Healthy weight loss isn’t just about a “diet” or “program.” It’s about an ongoing lifestyle that includes long-term changes in daily eating and exercise habits. To help you lose weight, follow the healthy eating and exercise tips above while maintaining a daily calorie intake that will result in 1-2 pound weight loss per week. Since one pound equals 3,500 calories, you need to reduce your caloric intake, through diet or exercise, by 500-1000 calories per day to lose about 1-2 pounds per week. Start your day with breakfast and eat small portion meals or snacks every 3-4 hours to limit overeating. Before starting a weight loss program, be sure to contact your Semper Fit Health Promotion coordinator, local dietitian, or health care provider to help you safely lose weight.

## Refresh your routine.

Do you want to stay committed to personal excellence? For additional help with creating, refreshing, or amplifying your workout routine, contact Semper Fit Health and Fitness Programs.

