



FIT FOR DUTY. FIT FOR LIFE.

Weight Management

Personal excellence.

Why enlist a temporary fix, when you can deploy a permanent solution? Fad diets may result in brief weight loss, but weight management is about reaching and maintaining a healthy weight for life. The Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center and Semper Fit Health Promotion and Fitness Programs have the tools and resources to help you eat a balanced diet and engage in regular physical activity to build resilience, improve readiness, and enhance peak performance.

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. The good news is that you can change this by making healthy choices. 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.

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 dairy products
- Choosing foods with less sodium
- Drinking water instead of sugary drinks

Warrior fitness.

Engaging in a variety of moderate to intense aerobic, muscle strengthening, and functional body movement activities will help control your weight and maintain combat readiness. Semper Fit’s High Intensity Tactical Training (HITT) and Aquatics Maximum Power Intensity Training (AMP-IT) encompass 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.

Losing weight.

To 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 your Semper Fit Health Promotion and Fitness Programs.

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.

For more information on your local resources, contact:



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