



FIT FOR DUTY. FIT FOR LIFE.



Weight Management

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.

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:

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

