



# YOU MOVE. WE GUIDE.



## **Active Living for Wounded, Ill, and Injured Sailors and Marines**

Your personal best is in reach. Active living can help you reach it. Active living during and post-recovery from a wound, illness, or injury may include performing functional movements and core-strengthening exercises required for completing activities of daily living (ADLs) effectively and injury free. It may include starting or modifying an existing workout program to improve your physical fitness. With the right regimen, you can improve your physical and mental health and accomplish goals you may have thought were out of reach. As a Navy resource for active living, the Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center offers you resources to help you find ways to be active. Whether your goal is to lift groceries with ease, find a workout regimen to get in shape, or train like a professional athlete to compete in the Warrior Games, we can help you meet your fitness goals.

To learn how our programs can help facilitate recovery and strengthen resilience, visit us at [WWW.MED.NAVY.MIL/SITES/NMCPHC/WOUNDED-ILL-AND-INJURED/PAGES/HEALTH-PROMOTION.ASPX](http://WWW.MED.NAVY.MIL/SITES/NMCPHC/WOUNDED-ILL-AND-INJURED/PAGES/HEALTH-PROMOTION.ASPX).

For more information on your local resources, contact:

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

