



# Crews Into Shape

4-Week Challenge  
March 1–28, 2010

No weigh-in required!

Challenge  
others at your  
unit / command  
to **“Crews  
Into Shape”**.

Contact us at  
CREWS\_INTO\_SHAPE@MAR.MED.  
NAVY.MIL  
(757) 953-0974 [DSN 377]

For Further Information and  
Crew Leader/Crew Guide go to:

[http://www-nmcphc.med.navy.mil/Healthy\\_Living/Resources\\_Products/Crews\\_Into\\_Shape/crews\\_info.aspx](http://www-nmcphc.med.navy.mil/Healthy_Living/Resources_Products/Crews_Into_Shape/crews_info.aspx)

**Why?** Get your body closer to that fit, healthy, energetic you!

**What?** 4-week challenge from **1-28 March 2010**, that brings people together for a team approach to wellness. Each crew member earns points for exercising, maintaining or achieving a goal weight, eating fruits and other activities.

**Who?** The entire DoD family is invited on board!

**How?**

- Find 2 to 10 team/crew members
- Pick a crew leader
  - For challenge rules and registration information, go to: [http://www-nmcphc.med.navy.mil/Healthy\\_Living/Resources\\_Products/Crews\\_Into\\_Shape/crews\\_info.aspx](http://www-nmcphc.med.navy.mil/Healthy_Living/Resources_Products/Crews_Into_Shape/crews_info.aspx)

**When?** Register your crew with Navy and Marine Corps Public Health Center by **28 February 2010**.

*Each crew member who completes the challenge receives a certificate.*

*Top-scoring Crews win T-shirts.*



“Our crews are competing against each other and it is a fun time here—good healthy competition. We have different crew members who are bringing in fruit daily, you see everyone with bottles of water, and PT time is being taken much more seriously.  
2005 “Crew” Member

“I can actually do more now because of exercising. I feel less tired at work and have more energy when I go home. I’m able to spend more productive time with my family,”

2003 “Crew” Member

