



FIT FOR DUTY. FIT FOR LIFE.

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. The Navy and Marine Corps Public Health Center Health Promotion and Wellness Department offers educational resources and materials to help you lose or gain weight, or maintain a healthy weight.

Fuel for excellence.

Maintaining a healthy weight is important for military readiness and resilience. Being overweight, obese, or underweight may impede performance, lower quality of life, and increase health problems. The good news is that you can change this by making healthy choices. Nutrient-dense foods (whole grains, lean protein, fruits, vegetables, and fat-free or low-fat milk 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.¹

How to eat healthier.²

You can eat healthier by:

- Avoiding oversized portions.
- Making half your plate fruits and vegetables.
- Making at least half of your grains 100% whole grains.
- Switching to fat-free or low-fat milk products.
- Choosing foods with less sodium.
- Drinking water instead of soda or sugary drinks.

Get moving.

Engaging in a variety of moderate to intense aerobic, muscle strengthening, and functional body movement activities will help control your weight.³ The Navy Operational Fitness and Fueling System (NOFFS) can assist by personalizing your workout routine with exercises that mimic your job-related movements, so your workout activities relate directly to your job demands.⁴ If you don't exercise regularly, try activities

such as brisk walking, cycling, swimming, basketball, elliptical training, mowing the lawn, or gardening to help you get started. For low-impact activities, resistance training and stretching can help improve muscular strength and endurance.

Losing weight.

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.⁵ Your daily calorie intake should consist of 45-65 percent nutrient-rich carbohydrates, 10-35 percent lean proteins, and 20-35 percent healthy fats.⁶ For example, 50 percent of a 2000 calorie diet would be 1000 calories from carbs or 250 grams of carbs; 20 percent proteins would be 400 calories from protein or 100 grams of protein; and 30 percent fats would be 600 calories from fat or 67 grams of fat. Start your day with breakfast and eat small portion meals or snacks every 3-4 hours to limit overeating. The Navy's program for weight management, ShipShape, can also help by equipping you with information and resources to design an individualized action plan that addresses your nutrition and physical activity needs.

Get started!

Do you want to make a commitment to personal excellence? For assistance with a weight loss program, contact the health and fitness coordinator at your Morale, Welfare and Recreation (MWR) program, a NOFFS specialist, a ShipShape Program Facilitator, your physician, or dietitian.

To learn how our resources and tools 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:

¹ Weight Loss: Feel Full on Fewer Calories. The Mayo Clinic. <http://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20044318>. Updated May 2014. Accessed August 2015.

² Choose My Plate. United States Department of Agriculture. <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet1ChooseMyPlate.pdf>. Published June 2011. Accessed August 2015.

³ Physical Activity and Health. Centers for Disease Control and Prevention. <http://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>. Accessed August 2015.

⁴ NOFFS: Navy Operational Fitness and Fueling System. Navy Fitness. <http://www.navyfitness.org/fitness/noffs/>. Accessed August 2015.

⁵ Healthy Weight – It's not a diet, it's a lifestyle! Centers for Disease Control and Prevention. http://www.cdc.gov/healthyweight/losing_weight/index.html?s_cid=goV_dnpao_082. Updated August 2011. Accessed August 2015.

⁶ Dietary Guidelines for Americans, 2010. United States Department of Agriculture. <http://www.fns.usda.gov/dietary-guidelines-americans-2010>. Updated February 2014. Accessed August 2015.



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