



YOU SERVE. WE PROTECT.

Health Promotion and Wellness

The mission of the Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness Department (HPW) is to provide innovative and evidence-based health promotion and wellness programs and services that facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors and lifestyles.

Healthy Eating

Healthy eating is crucial for fueling the human body. NMCPHC has the educational resources and materials you need to help you select nutrient dense, healthy food for optimal performance.

Active Living

Whether you want to start a new exercise routine, refresh your workout or train like a professional athlete, NMCPHC can help you identify the exercise regimen to help you meet your fitness goals.

Tobacco Free Living

Tobacco is a dangerous addiction that's expensive, deadly, and has a serious impact on readiness. NMCPHC offers you effective resources to end tobacco use.

Reproductive and Sexual Health

Intimacy and responsible sex can be wonderful; thoughtful decisions and planning can help make these experiences positive. NMCPHC offers you practical tools, educational materials, and prevention strategies that can help you remain sexually and reproductively healthy.

Psychological and Emotional Well-being

It's critical for Sailors to be psychologically strong. NMCPHC has the educational resources to help you navigate stress and strengthen your resilience so you can perform at your best.

Injury and Violence Free Living

Injuries create more of an ongoing threat to the health and readiness of U.S. Armed Forces than any other medical condition. NMCPHC offers you evidence-based prevention strategies that help keep you performing at your peak.

Preventing Drug Abuse and Excessive Alcohol Use

NMCPHC has the educational materials and resources to help you understand the negative effects of binge drinking and misuse or abuse of over-the-counter and prescription medications so that you can live a healthy life.

Weight Management

NMCPHC offers tools and resources to help you achieve a permanent healthy weight by eating a balanced diet of nutrient-dense foods and engaging in regular physical activity.

Wounded, Ill, and Injured

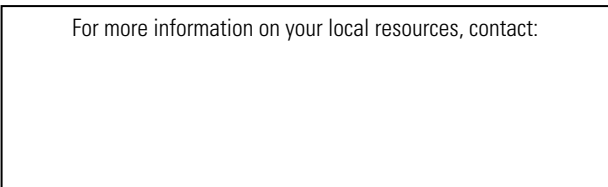
NMCPHC works to enhance the readiness, resilience, and recovery of wounded, ill, and injured Sailors by offering tailored informational tools and materials for healthy living.

Navy Reserve

Sailors in the Navy Reserve are essential to the Total Force. NMCPHC offers healthy living resources to reservists to help support readiness and overall health.

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