

# Save the Date!



## Annual Crews Into Shape Challenge

It is almost time to start Crewsin'! The Crews Into Shape Challenge, held every March in conjunction with National Nutrition Month®, is sponsored annually by NMCPHC. The goals of the month-long challenge are to spark and guide workplace-focused, team-oriented physical activity and increase fruit and vegetable intake among the whole DoD family. For additional information, rules, forms, and marketing materials, please visit the Crews Into Shape website at <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/crews-into-shape.aspx>.



**NAVY AND MARINE CORPS PUBLIC HEALTH CENTER**  
**IMPROVING READINESS THROUGH PUBLIC HEALTH ACTION**



HPW-000067