



YOU MOVE. WE GUIDE.

Active Living

Personal Excellence.

Exercise helps you reach your personal best. You look good, feel good, and perform at your peak on and off the job. As a Marine Corps resource for physical fitness, the Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center and your Semper Fit Health and Fitness Departments offer you resources to help keep you active so that you can be at your prime physically, psychologically, and operationally. We know how to get you moving and we know how to keep you fit. Whether you want to start a new exercise routine, refresh your workout regimen, or train like a professional athlete, we can help you identify the workout program to help you meet your fitness goals.

Exercise good judgment.

Physical activity is an important factor in healthy living. Engaging in a variety of moderate to intense aerobic exercise, muscle strengthening, and functional body movement activities will help you control your weight, reduce stress, and improve your ability to do daily operational activities on or off the job. Over the long term, regular physical activity will improve your health by strengthening your bones and muscles and reducing your risk of cardiovascular disease, type 2 diabetes, and some cancers. It can also help promote healing if you are recovering from illness or injury.

Be Active.

Even if you exercise regularly, it's important to keep moving throughout the day. Try walking your dog, bicycling, swimming, basketball, elliptical training, attending an exercise class, or mowing the lawn to help you get started. Research shows that resistance training is necessary for muscular strength and endurance. Resistance training can be done in a variety of ways, including lifting free weights, stationary weights or sand bags, performing resistance band exercises, or using your own body weight for resistance. Remember to include balance, agility, and coordination activities in your workout to strengthen your functional body movement.

Refresh your workout.

Already exercising, but feel like you've hit a plateau with your fitness regimen? We can help you revitalize your workout by identifying new movements, activities, and routines to help you feel challenged and reach your fitness goals.

Train like a warrior.

Physical fitness is a key component of combat readiness. Successful completion of any mission, whether in a training environment or in combat, requires strength, muscular, and cardio-respiratory endurance, agility, and coordination. An effective training program, such as Semper Fit's High Intensity Tactical Training (HITT) and the Aquatics Maximum Power-Intensity Training (AMP-IT), encompasses all of these physical fitness components as well as guidance on proper nutrition, injury prevention, and fatigue management. A balanced approach to physical readiness will assist you in consistently performing your best.

We believe in the concept of "operational fitness"—personalizing your workout routine with exercises that mimic your job-related movements, so your workout activities relate directly to your job demands. The Marine Corps HITT and the AMP-IT Programs are designed to do just that. HITT is a functional based combat performance enhancement program which combines human performance and injury prevention strategies. HITT also includes a nutrition component to help you make healthy choices to give you the energy and nutrients you need to consistently perform at your best.

Be active anywhere.

You don't need a gym to be active. Visit our website for workout routines that eliminate the guesswork and photos, videos, and descriptions of exercise movements to help you exercise wherever you are. For additional help with your workout routine, contact your Semper Fit Health and Fitness Department.

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 and WWW.USMC-MCCS.ORG/HEALTHPROMOTIONS/.



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