



Crews Into Shape Challenge Press Release

NMCPHC Announces the Annual “Crews Into Shape” Challenge

The Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness (HPW) Department is excited to announce the Annual Crews Into Shape Challenge.

Crews Into Shape is sponsored annually by the NMCPHC HPW Department. It is a four-week challenge that uses a team approach to promote wellness, combining the support of friends, colleagues, and family members to work toward a healthier lifestyle. The challenge is open to all active duty and reserve service members in the Navy, Marine Corps, Army, Air Force, and Coast Guard, as well as Department of Defense (DoD) family members and civilians.

This year, we are allowing commands and teams to pick their own dates to participate. As long as your challenge is four weeks long and follow the guidelines established, you can change to a time that better fits your command optempo.

The Crews Into Shape challenge compliments NMCPHC’s ongoing commitment to provide programs that support lifelong healthy behaviors and lifestyles. The purpose is to provide a fun, team-based activity that helps promote and guide improved physical activity and healthful eating habits.”

Participants generate teams comprised of two to ten members, create a team name, and earn points based on NMCPHC’s standardized rules and scoring system. Points are accrued for eating two cups of fruit and three cups of vegetables daily, performing 30 minutes of aerobic exercise or 15 minutes of vigorous exercise daily, maintaining or achieving a goal weight, and engaging in other healthy activities.

Since 2001, Crews Into Shape has been a staple health and wellness initiative within the DoD community and both participation and public response has been tremendously positive.

Get ready to get Crewsin’ and submit your registration to NMCPHC!



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



Visit the official Crews Into Shape website for registration details and resources supporting this year's challenge: <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/crews-into-shape.aspx>.

For more information on the NMCPHC HPW Department, visit:
<http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/default.aspx>.