



Crewsin' to Fitness!



What is the Crews Into Shape Challenge?

The NMCPHC Health Promotion and Wellness Program will hold its 19th Annual *Crews Into Shape Challenge* in March in conjunction with National Nutrition Month® and Navy Nutrition Month.

Crews Into Shape is a 4-week challenge that uses a team approach to promote wellness to help participants work toward a healthier lifestyle. Each crew member earns points for eating fruits and vegetables, maintaining or achieving a goal weight, exercising and engaging in other healthy activities. Easy and fun! Register now!

Who can participate? *All service members (active and reserve), DoD dependents and DoD civilians.*

When Do I Register?

The Navy-wide challenge will take place every year in March. Register the first week to participate.

How Do I Register?

1: Crew Leaders: Recruit between 2 and 10 team members and name your team, then register your crew.

Visit the Crews Into Shape Quick Start Checklist for Crew Leaders web page:
<https://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/hp-crew-leaders.aspx>

Create your Crew using the Crews Into Shape worksheet.

2. Crew members: join a team and get started!

For more information, visit the Crews Intro Shape website:

<https://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/crews-into-shape.aspx>