



# FIT FOR DUTY. FIT FOR LIFE.



## Weight Management

### Personal excellence.

Why enlist a temporary fix, when you can deploy a permanent solution? Fad diets, which eliminate or severely reduce certain food groups, may result in brief weight loss, but weight management is about reaching and maintaining a healthy weight for life. Weight management can benefit you personally and professionally, by increasing readiness, enhancing peak performance, and building resilience. You can achieve a permanent healthy weight by eating a balanced diet of nutrient-dense foods and engaging in regular physical activity. As a Marine Corps resource for weight management, the Navy and Marine Corps Public Health Center Health Promotion and Wellness Department and Semper Fit Health Promotion and Fitness Programs offer educational materials and resources to help you lose or gain weight, or maintain a healthy weight.

### Fuel for excellence.

Maintaining a healthy weight is important for military readiness and resilience. Being overweight, obese, or underweight may impede your ability to look good, feel good, and perform at your peak on and off duty. The good news is that you can change this by making healthy choices. Nutrient-dense foods (whole grains, lean protein, fruits, vegetables, and fat-free or low-fat milk products) give you the biggest bang for your buck. They contain the most vitamins and minerals, which provide you with quality energy, for the least amount of calories.<sup>1</sup>

### How to eat healthier.<sup>2</sup>

You can eat healthier by:

- Avoiding oversized portions.
- Making half your plate fruits and vegetables.
- Making at least half of your grains 100% whole grains.
- Switching to fat-free or low-fat milk products.
- Choosing foods with less sodium.
- Drinking water instead of soda or sugary drinks.

### Get moving.

Engaging in a variety of moderate to intense aerobic, muscle strengthening, and functional body movement activities will help control your weight and maintain combat readiness.<sup>3</sup> Semper Fit Health Promotion and Fitness Programs' High Intensity Tactical Training (HITT) and Aquatics Maximum Power Intensity Training (AMP-IT) encompass

all of these physical fitness components as well as guidance on proper nutrition, injury prevention, and fatigue management.<sup>4</sup> A balanced approach to physical readiness will assist you in consistently performing your best.

### Losing weight.

To help you lose weight, follow the healthy eating tips above while maintaining a daily calorie intake that will result in 1-2 pound weight loss per week.<sup>5</sup> Your daily calorie intake should consist of 45-65 percent nutrient-rich carbohydrates, 10-35 percent lean proteins, and 20-35 percent healthy fats.<sup>6</sup> For example, 50 percent of a 2000 calorie diet would be 1000 calories from carbs or 250 grams of carbs; 20 percent proteins would be 400 calories from protein or 100 grams of protein; and 30 percent fats would be 600 calories from fat or 67 grams of fat. Start your day with breakfast and eat small portion meals or snacks every 3-4 hours to limit overeating. Before starting a weight loss program, be sure to contact your Semper Fit Health Promotion coordinator, local dietitian, or health care provider to help you safely lose weight.

### Refresh your routine.

Do you want to stay committed to personal excellence? For additional help with creating, refreshing, or amplifying your workout routine, contact your Semper Fit Health Promotion and Fitness Programs.

To learn how our resources and tools can help keep you fit for service and improve your overall health, visit us at [HTTP://WWW.MED.NAVY.MIL/SITES/NMCPNC/MARINES/PAGES/DEFAULT.ASPX](http://www.med.navy.mil/sites/nmcpnc/marines/pages/default.aspx) and [HTTPS://WWW.MANPOWER.USMC.MIL/WEBCENTER/PORTAL/MRAHOME](https://www.manpower.usmc.mil/webcenter/portal/mrahome).

For more information on your local resources, contact:

<sup>1</sup> Weight Loss: Feel Full on Fewer Calories. The Mayo Clinic. <http://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20044318>. Updated May 2014. Accessed August 2015.

<sup>2</sup> Choose My Plate. United States Department of Agriculture. <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet1ChooseMyPlate.pdf>. Published June 2011. Accessed August 2015.

<sup>3</sup> Physical Activity and Health. Centers for Disease Control and Prevention. <http://www.cdc.gov/physicalactivity/everyone/health/index.html>. Accessed August 2015.

<sup>4</sup> High Intensity Tactical Training Program Methodology. Human Performance Resource Center. <http://hprc-online.org/physical-fitness/files/HITTMETHODOLOGY.pdf>. Accessed August 2015.

<sup>5</sup> Healthy Weight – It's not a diet, it's a lifestyle! Centers for Disease Control and Prevention. [http://www.cdc.gov/healthyweight/losing\\_weight/index.html?s\\_cid=gov\\_dnpao\\_082](http://www.cdc.gov/healthyweight/losing_weight/index.html?s_cid=gov_dnpao_082). Updated August 2011. Accessed August 2015.

<sup>6</sup> Dietary Guidelines for Americans, 2010. United States Department of Agriculture. <http://www.fns.usda.gov/dietary-guidelines-americans-2010>. Updated February 2014. Accessed August 2015.



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