



YOU MOVE. WE GUIDE.



Active Living

Personal excellence.

Exercise helps you reach your personal best. You look good, feel good, improve your health, and perform at your peak on and off the job. As a Marine Corps resource for physical fitness, the Navy and Marine Corps Public Health Center Health Promotion and Wellness Department and your Semper Fit Health Promotion and Fitness Programs 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 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 manage your weight, reduce stress, and improve your operational performance on the job and during activities 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.¹

Be active.

If you don't exercise regularly, it's important to just get moving. Try brisk walking, bicycling, swimming, basketball, elliptical training, attending an exercise class for beginners, mowing the lawn, or gardening. Research shows that resistance training is necessary for muscular strength and endurance.² Resistance training can be done in a variety of ways, including lifting free weights or sandbags, utilizing machine weights, and performing resistance band or body weight exercises.³

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 functional 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 functional 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 food choices to give you the energy and nutrients you need to consistently perform at your best.⁴

Be active anywhere.

You don't need a gym to be active. For additional help with your workout routine, contact your [Semper Fit Health and Fitness Department](#).

To learn how our resources and tools can help keep you fit for service and improve your overall health, visit us at WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION and [HTTPS://WWW.MANPOWER.USMC.MIL/WEBCENTER/PORTAL/MRAHOME](https://WWW.MANPOWER.USMC.MIL/WEBCENTER/PORTAL/MRAHOME).

- 1 Physical Activity and Health. Centers for Disease Control and Prevention. <http://www.cdc.gov/physicalactivity/everyone/health/index.html>. Published 2011. Accessed March 2015.
- 2 Impact of resistance training on endurance performance. A new form of cross-training? National Institutes of Health. <http://www.ncbi.nlm.nih.gov/pubmed/9554029>. Published 1998. Accessed April 2015.
- 3 Muscular Strength. Human Performance Resource Center. <http://hprc-online.org/physical-fitness/training-exercise/exercise/cardio-strength-and-flexibility/muscular-strength>. Accessed March 2015.
- 4 High Intensity Tactical Training Program Methodology. Human Performance Resource Center. <http://hprc-online.org/physical-fitness/files/HITTMETHODOLOGY.pdf>. Accessed March 2015.

For more information on your local resources, contact:



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