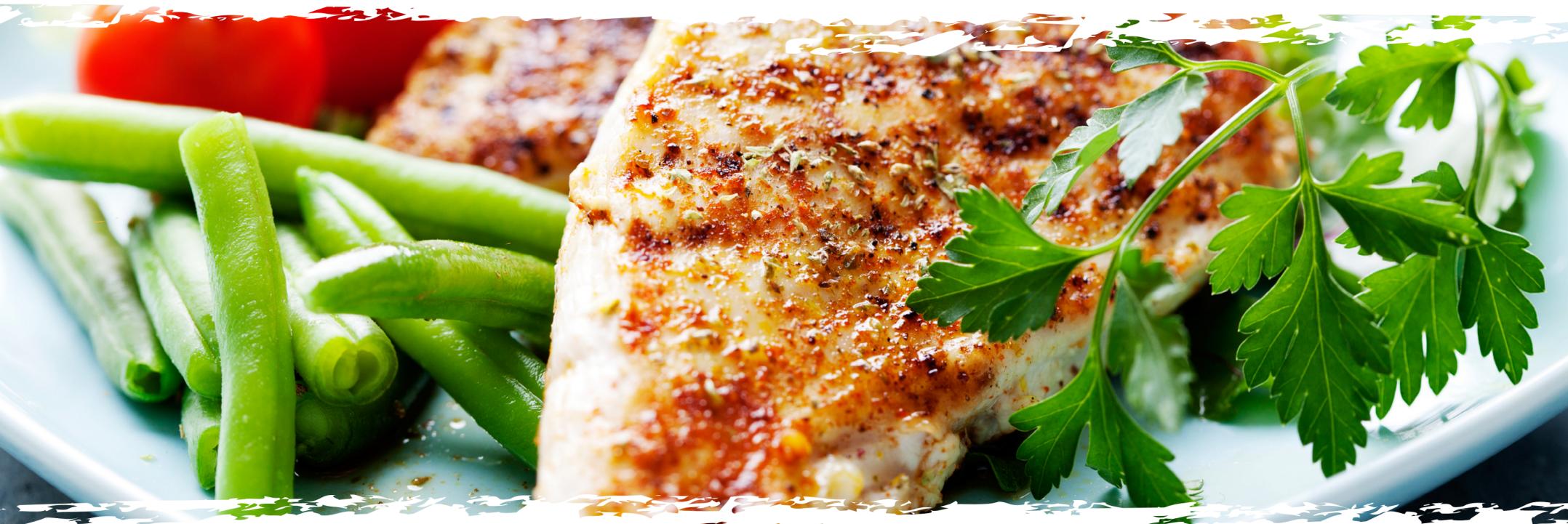




FIT FOR DUTY. FIT FOR LIFE.



Weight Management for Wounded, Ill, and Injured Sailors and Marines

Maintaining a healthy weight is a common challenge on the road to recovery from wounds, injuries, or illnesses. Finding a healthy weight that is right for you can take some time, and it is important to keep in mind that even small changes in weight can affect your body's ability to heal and recover. You can achieve a healthy weight by selecting and eating a balanced diet of nutrient-dense foods and engaging in physical activity. As a resource for weight management, the Navy and Marine Corps Public Health Center Health Promotion and Wellness Department offers educational resources and materials to help you lose or gain weight, or maintain a healthy weight.

For more information on your local resources, contact:

To learn how our resources and tools can help facilitate recovery and strengthen resilience, visit us at WWW.MED.NAVY.MIL/SITES/NMCPHC/WOUNDED-ILL-AND-INJURED/PAGES/HEALTH-PROMOTION.ASPX.