



How Healthy is your Lifestyle?



How active are you?

1. Is physical activity a part of your daily routine?
2. Do you accumulate at least 30 minutes or more of moderate-intensity aerobic activity on most days of the week?
3. Do you strength train at least twice a week?

How well do you eat?

1. Do you eat a variety of foods from all food groups?
2. Do you limit trans fats, saturated fats, sodium, added sugar, caffeine and alcohol?
3. Do you eat plenty of fresh vegetables and fruits?
4. Do you eat a nutritious breakfast everyday?
5. Do you plan meals and snacks?
6. Do you choose more whole foods vs. processed foods daily?
7. Do you drink enough water?

If you answered no to any of these questions and your health is important to you, the ShipShape program can help. Sign up for the next class today!



Web Information

For more information regarding the ShipShape Program and required command endorsement letter, visit the ShipShape page on the NMCP Wellness web site at www-nmcp.med.navy.mil.



Other Health Resources:

- MWR Fitness, 757-967-2500
- Clinical Nutrition, 757-953-2631
- USDA, www.choosemyplate.org
- Ace Fitness, www.acefitness.org
- American College of Sports Medicine, www.acsm.org

For more information contact:
 Alice Fitzpatrick RN
Alice.fitzpatrick@med.navy.mil
 757-953-9247



Fit Today for Tomorrow's Challenges

ShipShape



NAVY MEDICINE
 World Class Care...Anytime, Anywhere

To schedule an appointment call:

1-866-MIL-HLTH
 1-866-645-4584



<http://www-nmcp.med.navy.mil>



ShipShape



Course Description

ShipShape is an 8-week weight management program for members who exceed or are in danger of exceeding Body Composition standards

ShipShape's goal is to foster a healthy lifestyle to help you achieve appropriate Body Composition standards. To accomplish this goal, ShipShape focuses on:

- Learning how to fuel your body for better mental and physical performance
- Increasing physical activity to increase strength and endurance
- Develop skills to help maintain healthy weight and lifestyle



You're not up the creek without a paddle. Get on board with ShipShape and paddle your way to success.



Benefits of Participating in ShipShape

- Learn how to manage weight the healthy way and decrease your weight and health risks
- Learn how to eat better to fuel the body for better energy and appetite control
- Learn about a variety of exercise and physical activity routines that can help burn fat & strengthen your body
- Plan an individualized system of goals & rewards to keep you motivated
- Strengthen problem solving techniques and stress management skills to avoid relapses

Who can attend the program?

Active duty members who are interested in decreasing body fat or improving health

- Member can self refer
- Members on LIMDU or PT waiver can also attend

When and where is the class offered?

The NMCP classes are on Thursdays, 1400-1600

- 2 hr class. Each week member will have 1 hr PT & 1 hr in the classroom
- 1st class meets in NMCP Fitness Center located in bld 3, 1st deck
- Branch Health Clinic and other info can be found on ShipShape web page: <http://www.med.navy.mil>, click Wellness, then ShipShape Program

How do I sign up?

- Call the HRAC, 1-866-645-4584
- Download CFL referral form from ShipShape page & hand carry to 1st class

What if I have more questions?

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