



ShipShape Program Information Brief

[HTTP://WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION/PAGES/SHIPSHAPE.ASPX](http://www.med.navy.mil/sites/nmcpHC/health-promotion/pages/shipshape.aspx)



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Objectives

- Provide background on the ShipShape Program
- Address ShipShape Program Facilitator requirements
- Discuss the ShipShape Program structure
- Propose ShipShape Program implementation at the command



What is the ShipShape Program?

- The ShipShape Program is the official Navy weight management program that assists active duty and reserve military service members, beneficiaries, and government civilians with making healthy behavior changes in order to lose weight.
- The program consists of eight sessions (two online sessions, six-in person group sessions) that focus on three important components for weight loss: mindset, nutrition, and physical activity.
- The ShipShape Program is administered at various local commands by certified ShipShape Program Facilitators and is managed by the Navy and Marine Corps Public Health Center (NMCPHC), as designated by BUMEDINST 6110.16.

Goal: Equip participants with the skills and resources necessary to jumpstart a healthier lifestyle.



Why choose the ShipShape Program?

- The ShipShape Program was developed based on research, industry best practices, and analysis of current trends in fitness, weight loss, nutrition, and stress management.
- The program is led by certified facilitators who work with the participants to help design individualized action plans.
- Participants are encouraged to follow up with facilitators after they complete the course. Facilitators will be available for six months of support and guidance for participant-driven post-program follow-up at monthly intervals.
- Participants are also expected to follow up with facilitators after each session while they are enrolled in the Program.
- Program completion does not require any out-of-pocket costs by the participants.



ShipShape Program Facilitator Requirements

- Adhere to the program methodology and curriculum provided by NMCPHC and present all aspects of the core content.
- Project the number of offerings required to meet the demand of the population served with a minimum of two classes per year.
 - The introductory (*Steps to Success*) and concluding (*Preparing for the Future*) sessions should be taken as self-paced online sessions.
 - The remaining six sessions will be offered as in-person group sessions.
 - Usually aligned with Physical Fitness Assessment (PFA) cycles.
- Prepare the ShipShape Roster and Reporting Tool, and provide results to NMCPHC twice a year (July and December).



Course Structure

- *Steps to Success* → Self-paced introductory online session
 - *Fueling Your Body and Brain*
 - *Weight Loss Tracking and Trends*
 - *Power Up! Physical Activity*
 - *Psychology of Weight Loss*
 - *Creating Supportive Environments*
 - *Stress Management and Relaxation*
 - *Preparing for the Future* → Self-paced concluding online session
 - *Post-Program Follow-up* → Monthly, initiated by participant
- Group meetings with a certified facilitator. Can be taken in any order based on availability.

Program sessions usually run one hour per week for eight weeks, however, modifications can be made based on command and/or participant requirements with NMCPHC concurrence. Participants must complete all eight sessions within six months of attending their first group session.



ShipShape Program Implementation

- <Input command specific information to develop your plan for implementing the ShipShape Program at your command>
- Items to consider:
 - Plan to complete facilitator training. Visit [NMCPHC ShipShape Program Training Web page](#) for the training schedule.
 - Coordinate with CFL to determine the number of body composition assessment (BCA) failures to assess the demand at your location.
 - Develop a comprehensive schedule for administering the ShipShape Program while addressing the command's operational requirements.
 - Dates/times
 - Location
 - Address any costs or logistics associated with printing program materials.



Questions?

