

## Prevention and protection start here.



## Health Promotion and Wellness

The Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness Department (HPW) and the Semper Fit Health Promotion and Fitness Programs provide innovative and evidence-based health promotion and wellness programs and services that facilitate combat readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors and lifestyles.

The Navy and Marine Corps Public Health Center Health Promotion and Wellness Department is passionate about keeping Marines fit for service in eight key areas:

- ▶ Healthy Eating
- ▶ Active Living
- ▶ Tobacco Free Living
- ▶ Reproductive and Sexual Health
- ▶ Psychological and Emotional Well-being
- ▶ Injury and Violence Free Living
- ▶ Preventing Drug Abuse and Excessive Alcohol Use
- ▶ Weight Management

Additionally, we offer resources for wounded, ill, and injured Sailors and Marines.

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/NMCPHC/MARINES/PAGES/DEFAULT.ASPX](http://www.med.navy.mil/sites/nmcpHC/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:

# YOU SERVE. WE PROTECT.



**Health Promotion and Wellness Overview**



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### Healthy Eating

Just as the right kind of fuel is important for your vehicle, healthy eating is crucial for fueling the human body to support optimal performance. We understand the barriers to eating healthy. NMCPHC and Semper Fit Health Promotion and Fitness Programs have the educational resources and materials you need to help you select nutrient-dense, healthy food for optimal performance.



### Active Living

Whether you want to start a new exercise routine, refresh your workout, or train like a professional athlete, NMCPHC can help you identify the exercise regimen to help you meet your fitness goals. Additionally, Semper Fit Fitness Program offers resources such as personal training, group exercise, High Intensity Tactical Training (HITT), and Aquatics Maximum Power Intense Training (AMP-IT) to help you stay active and improve physical performance.



### Tobacco Free Living

Tobacco is a dangerous addiction that's expensive, deadly, and has a serious impact on readiness. NMCPHC and your local Semper Fit Health Promotion Program offer you effective resources to end tobacco use and learn about the harmful effects of secondhand smoke.



### Reproductive and Sexual Health

Intimacy and responsible sex can be wonderful; thoughtful decisions and planning can help make these experiences positive. Engaging in risky sexual behavior can result in sexually transmitted infections (STIs), like HIV, or unintended pregnancies. NMCPHC offers you practical tips, educational materials, and prevention strategies that can help you remain sexually and reproductively healthy.



### Psychological and Emotional Well-being

It's critical for Marines to be psychologically strong. NMCPHC has the educational resources to help you navigate stress and strengthen your resilience so you can perform at your best. Another resource is Marine and Family Programs on your installation. Together, NMCPHC and Marine and Family Programs have valuable information to build psychological resilience.



### Injury and Violence Free Living

NMCPHC and your Semper Fit Health Promotion and Fitness Programs offer you practical tools, educational resources, and evidence-based prevention strategies that help keep you performing at your peak—on and off the job.



### Preventing Drug Abuse and Excessive Alcohol Use

NMCPHC and the Marine Corps Headquarters Behavioral Health Branch have the educational materials and resources to help you understand the negative effects of excessive alcohol use and misuse or abuse of over-the-counter and prescription medications so that you can overcome alcohol and drug abuse and live a healthy life.



### Weight Management

Weight management can benefit you personally and professionally, by increasing readiness, enhancing peak performance, and building resilience. NMCPHC and Semper Fit Health Promotion and Fitness Programs offer tools and resources to help you achieve a permanent healthy weight by eating a balanced diet of nutrient-dense foods and engaging in regular physical activity.



### Wounded, Ill, and Injured

NMCPHC works to enhance the readiness, resilience, and recovery of wounded, ill, and injured Sailors and Marines by offering tailored informational tools and materials for healthy living.

