

## Complete resources for weight management.

### Personal excellence.

Why enlist a temporary fix, when you can deploy a permanent solution? Fad diets, which eliminate or severely reduce certain food groups, may result in brief weight loss, but weight management is about reaching and maintaining a healthy weight for life. Weight management can benefit you personally and professionally, by increasing readiness, enhancing peak performance, and building resilience. You can achieve a permanent healthy weight by eating a balanced diet of nutrient-dense foods and engaging in regular physical activity. As a Marine Corps resource for weight management, the Navy and Marine Corps Public Health Center Health Promotion and Wellness Department and Semper Fit Health Promotion and Fitness Programs offer educational resources and materials to help you lose or gain weight, or maintain a healthy weight.

Visit <http://www.med.navy.mil/sites/nmcphc/health-promotion/Pages/weight-management-default.aspx> to learn more about:

- › ShipShape Weight Management Program
- › Weight Management Programs and Resources
- › Nutrition
- › Physical Activity
- › Mindset
- › 21st Century Sailor and Marine Initiative
- › MCCA Semper Fit Programs

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:



## FIT FOR DUTY. FIT FOR LIFE.



### Weight Management Overview



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## Fuel for excellence.

Maintaining a healthy weight is important for military readiness and resilience. Being overweight, obese, or underweight may impede your ability to look good, feel good, and perform at your peak on and off duty. While the need to gain weight for some Marines is every bit real, the percentage of those underweight remains low. As noted in the 2014 Fleet and Marine Corps Health Risk Assessment Annual Report, 52 percent of Marine Corps respondents were classified as overweight or obese based on self-reported criteria.<sup>1</sup> The good news is that you can change this by making healthy food choices and engaging in regular exercise.

Nutrient-dense foods (whole grains, lean protein, fruits, vegetables, and fat-free or low-fat milk products) give you the biggest bang for your buck. They contain the most vitamins and minerals, which provide you with quality energy, for the least amount of calories.<sup>2</sup> Due to their high fiber content, nutrient-dense foods also make you feel full longer which reduces your intake and helps you maintain a healthy body weight.<sup>2</sup>

## How to eat healthier.<sup>3</sup>

You can eat healthier by:

- ▶ Avoiding oversized portions.
- ▶ Making half your plate fruits and vegetables.
- ▶ Making at least half of your grains 100% whole grains.
- ▶ Switching to fat-free or low-fat milk products.
- ▶ Choosing foods with less sodium.
- ▶ Drinking water instead of soda or sugary drinks.

## Get moving.

Along with nutrition, an important aspect of weight management is physical activity. Engaging in a variety of moderate to intense aerobic, muscle strengthening, and functional body movement activities will help you control your weight and maintain combat readiness.<sup>4</sup> A balanced approach to physical readiness will assist you in consistently performing your best. An effective combat conditioning program, such as Semper Fit's High Intensity Tactical Training (HITT) and the Aquatics Maximum Power Intensity Training (AMP-IT), encompass all of these physical fitness components as well as guidance on proper nutrition, injury prevention, and fatigue management.<sup>5</sup> We believe in the concept of operational fitness – personalizing your workout routine with exercises that mimic your job-related movements, so your workout activities relate directly to your job demands. HITT is a Marine Corps program that was developed to do just that. HITT is a functional based combat performance enhancement program containing five integrated components:

### Weight Management Overview

- ▶ Injury Prevention
- ▶ Strength and Power
- ▶ Speed, Agility, and Endurance
- ▶ Flexibility and Core Stability
- ▶ “Fueled to Fight” Nutrition

The Marine Corps' HITT Program and the AMP-IT Program are designed to meet your combat and operational fitness requirements.

## Losing weight.

Many people begin “fad” diets every year in order to lose weight. These diets often eliminate or severely reduce one or more of the essential food groups or recommend excessive amounts of other groups. Most fad diets achieve, at best, only a temporary weight loss.

Permanent and healthy weight management can be achieved by eating a “balanced” diet, which will also ensure peak performance. To help you lose weight, follow the healthy eating and exercise tips above while maintaining a daily calorie intake that will result in 1-2 pound weight loss per week.<sup>6</sup> Your daily calorie intake should consist of 45-65 percent nutrient-rich carbohydrates, 10-35 percent lean proteins, and 20-35 percent healthy fats.<sup>7</sup> For example, 50 percent of a 2000 calorie diet would be 1000 calories from carbs or 250 grams of carbs; 20 percent proteins would be 400 calories from protein or 100 grams of protein; and 30 percent fats would be 600 calories from fat or 67 grams of fat. Start your day with breakfast and eat small portion meals or snacks every 3-4 hours to limit overeating. Before starting a weight loss program, be sure to contact your Semper Fit Health Promotion coordinator, local dietitian, or health care provider to help you safely lose weight.

## Refresh your routine.

Do you want to stay committed to personal excellence? For additional help with creating, refreshing, or amplifying your workout routine, contact Semper Fit Health Promotion and Fitness Programs.

<sup>1</sup> Fleet and Marine Corps Health Risk Assessment 2014. Navy Marine Corps Public Health Center EpiData Center Department. <http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/HRA-2014-report-final.pdf>. Prepared May 2015. Accessed August 2015.

<sup>2</sup> Weight Loss: Feel Full on Fewer Calories. The Mayo Clinic. <http://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/weight-loss/art-20044318>. Updated May 2014. Accessed August 2015.

<sup>3</sup> Choose My Plate. United States Department of Agriculture. <http://www.choosemyplate.gov/food-groups/downloads/TenTips/DGTipsheet1ChooseMyPlate.pdf>. Published June 2011. Accessed August 2015.

<sup>4</sup> Physical Activity and Health. Centers for Disease Control and Prevention. <http://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>. Accessed August 2015.

<sup>5</sup> High Intensity Tactical Training Program Methodology. Human Performance Resource Center. <http://hprc-online.org/physical-fitness/files/HITTMETHODOLOGY.pdf>. Accessed August 2015.

<sup>6</sup> Healthy Weight – It's not a diet, it's a lifestyle! Centers for Disease Control and Prevention. [http://www.cdc.gov/healthyweight/losing\\_weight/index.html?s\\_cid=govdn\\_dnpao\\_082](http://www.cdc.gov/healthyweight/losing_weight/index.html?s_cid=govdn_dnpao_082). Updated August 2011. Accessed August 2015.

<sup>7</sup> Dietary Guidelines for Americans, 2010. United States Department of Agriculture. <http://www.fns.usda.gov/dietary-guidelines-americans-2010>. Updated February 2014. Accessed August 2015.

