



FIT FOR DUTY. FIT FOR LIFE.



Weight Management

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 have the 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 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).

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

