



# YOU MOVE. WE GUIDE.



## Active Living

Exercise helps you reach your personal best. You look good, feel good, improve your health, and perform at your peak on and off the job. As a Marine Corps resource for physical fitness, the Navy and Marine Corps Public Health Center Health Promotion and Wellness Department and your Semper Fit Health Promotion and Fitness Programs offer you resources to help keep you active so that you can be at your prime physically, psychologically, and operationally. We know how to get you moving and how to keep you fit. Whether you want to start a new exercise routine, refresh your workout regimen, or train like a professional athlete, we can help you identify the workout program to help you meet your fitness goals.

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 [WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION](http://WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION) 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

