



Navy Health Promotion and Wellness Initiatives to Promote Healthful Weight and Lifestyle

WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION/PAGES/DEFAULT.ASPX



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

Navy Health Promotion Nutrition Tools and Resources

- ShipShape Program
 - Navy's weight management program
 - Addresses Nutrition, Physical Activity and Behavior Modifications
 - 6 month program: 8 weekly sessions followed by monthly follow-ups
 - Companion Mobile Application – *under development*
- NMCPHC HP Toolbox

<http://www.med.navy.mil/sites/nmcpHC/health-promotion/Pages/health-promotion-toolbox.aspx>

- HPW Interactive Map:

<https://nmcpHC.maps.arcgis.com/apps/webappviewer/index.html?id=fc54c24e21014af5846d42b8072c64e9&extent=-22698739.9196%2C-7753606.4553%2C10566654.7901%2C16236613.4942%2C102100>

- Locations of local resources



Health Promotion
& Wellness



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