





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

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

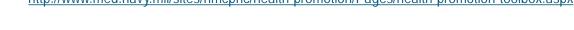




Navy Health Promotion Nutrition Tools and Resources

- ShipShape Program
 - Navy's weight management program
 - Addressses 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:

 $\frac{\text{https://nmcphc.maps.arcgis.com/apps/webappviewer/index.html?id=fc54c24e21014af5846d42b8072c64e9\&extent=-22698739.9196\%2C-7753606.4553\%2C10566654.7901\%2C16236613.4942\%2C102100}{\text{200}}$

Locations of local resources













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