

Healthy Lifestyle Resources

Alcohol and Drug Abuse Prevention

<http://www.thatguy.com/>

<http://www.rethinkingdrinking.niaaa.nih.gov/>

Designer Drugs

<http://www.nida.nih.gov/nidahome.html>

Physical Fitness

<http://www.navyfitness.org/fitness/noffs/>

<http://www.navyfitness.org/fitness/>

<http://www.fitness.gov/>

Sleep

<http://www-nmcphc.med.navy.mil/downloads/Stress/healthysleepfs.pdf>

Nutrition

<http://www.nutrition.gov>

<http://www.cdc.gov/nutrition/everyone/index.html>

<http://www.myplate.gov>

<http://www.eatright.org>

<http://www.cdc.gov/nutrition/everyone/fruitsvegetables/index.html>

Tobacco Cessation / Cancer Prevention

<http://www.cancer.org/index>

<http://www.heart.org/HEARTORG/#>

<http://www.ucanquit2.org/>

Healthy Living

<http://www.healthfinder.gov>

<http://www.nhlbi.nih.gov>

<http://www.startwalkingnow.org/home.jsp>

Organization Links

Navy and Marine Corps Public Health Center's Health Promotion and Wellness

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

Navy and Marine Corps Public Health Center's Wounded, Ill, and Injured Resources

<http://www.med.navy.mil/sites/nmcphc/wounded-ill-and-injured/Pages/wii.aspx>

TRICARE Healthy Living

<http://www.tricare.mil/HealthyLiving/>

Military One Source Healthy Living

<http://www.militaryonesource.mil/health-and-wellness/healthy-living>

Centers for Disease Control and Prevention (CDC) Healthy Living

<http://www.cdc.gov/HealthyLiving/>

National Heart, Lung, and Blood Institute (NIH)

<https://www.nhlbi.nih.gov/>

Weight-control Information Network (WIN)

<http://win.niddk.nih.gov/>

Nutrition.gov

<http://www.nutrition.gov>

Navy Operational Fitness and Fueling System (NOFFS)

<http://www.navyfitness.org/fitness/noffs/>

BeTobaccoFree.gov

www.betobaccofree.gov

UCanQuit2.org

<http://www.ucanquit2.org/>

National Suicide Prevention Helpline

<http://www.suicidepreventionlifeline.org/>

Navy Alcohol and Drug Abuse Prevention (NADAP)

<http://www.public.navy.mil/BUPERS->

[NPC/SUPPORT/21ST_CENTURY_SAILOR/NADAP/Pages/default2.aspx](http://www.public.navy.mil/BUPERS-NPC/SUPPORT/21ST_CENTURY_SAILOR/NADAP/Pages/default2.aspx)