SHIPSHAPE
Weight Management Program

GET READY. GET FIT. GET HEALTHY.

Healthy weight loss isn't just about a "diet" or "program." It's about an ongoing lifestyle that includes long-term changes in daily eating and exercise habits to help you reach and maintain a healthy weight for life. Weight management can benefit you both 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. The Navy's program for weight management, the ShipShape Program, can help by equipping you with information and resources to create an individualized action plan that addresses your nutrition and physical activity needs.

What is the ShipShape Program?

The ShipShape Program is the official Navy weight management program that assists active duty and reserve service members, beneficiaries, and government civilians with making healthy behavior changes in order to lose weight. The program consists of eight sessions (two online sessions and six in-person group sessions) that focus on three important components for weight loss: mindset, nutrition, and physical activity. The goal is to equip participants with the skills and resources necessary to jumpstart a healthier lifestyle. The ShipShape Program is administered at various local commands by certified ShipShape Program Facilitators and is managed by the Navy and Marine Corps Public Health Center (NMCPHC), as designated by BUMEDINST 6110.16.

Who is eligible to participate in the ShipShape Program?

Active duty and reserve military service members, beneficiaries, and government civilians can enroll in the ShipShape Program to learn how to safely achieve long-term weight management goals. The program is highly recommended for military service members who have failed or are at risk of failing their body composition assessment (BCA) or physical fitness assessment (PFA) or experience unhealthy weight fluctuations (weigh-cycling) even if they meet BCA standards at weigh-in. Participants can be referred to the ShipShape Program by command fitness leaders (CFLs), primary care providers, or can self-refer based off of a personal decision to improve weight management skills.

How does the ShipShape Program work?

ShipShape Program Participants start the program by taking the *Steps to Success* session online, which introduces participants to the ShipShape Program and the foundation of weight management. Once complete, the participant receives information, motivation, guidance, and support in an in-person, group setting for six sessions. Finally the participant will take the concluding self-paced online session, *Preparing for the Future*. The objective of the program is to develop personal lifestyle modifications for healthy weight loss and long-term weight management.

The six group sessions are led by certified ShipShape Program Facilitators at medical treatment facilities (MTFs) and clinics, shipboard commands, and other ashore facilities. Topics covered in the sessions include basic nutrition and physical activity, setting goals, strategies for weight loss, creating supportive environments, psychology of weight loss and stress management, and current weight loss trends. Participants should also follow-up with their facilitator for post-program support so that each participant can stay on track with their weight loss goals.

In some cases, CFLs may refer Fitness Enhancement Program (FEP) members with a written referral from the command to the ShipShape Program Facilitator. CFLs assist the facilitator to ensure that referred participants attend all sessions.

Where can I learn more?

To learn more, visit us at **www.med.navy.mil/sites/nmcphc/health-promotion/Pages/shipshape.aspx**. Comments or general questions can be emailed to the ShipShape Program Manager at **USN.HAMPTON-ROADS.NAVMCPUBHLTHCENPORS. LIST.NMCPHC-SHIPSHAPE@MAIL.MIL**.

For more information about your local ShipShape Program, please see the contact information below:

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