

# **SHIP SHAPE CLASS**

LT A. B. Campbell

**Have you heard of the Ship Shape program that is offered on base?** It is the weight management program approved by the Bureau of Medicine and Surgery (BUMED)- coordinated by the Health Promotion Department at the local Navy Medical Treatment Facilities (MTFs). The program was developed and made available at the local MTF level to increase access to a weight management program for Active Duty Sailors and Marines needing help in maintaining Physical Readiness Standards.

**Who is eligible to take the class?** Attendance is open to all active duty personnel, especially anyone who exceeds, or is in danger of exceeding, weight and/or body fat standards. Active-duty personnel will be provided basic information regarding nutrition, stress management, exercise and behavior modification techniques to lower and maintain an acceptable body weight and body fat percentage that is within Navy Standards. If space is available spouses of active duty members can attend the class to support the active duty member.

**What is the goal of Ship Shape?** The goal of the program is to increase the number of active duty who are living a healthy lifestyle and maintaining a healthy weight. It consists of 8 sessions, each conducted by the program facilitator and a subject matter expert, if appropriate. A description of each session can be found at: [http://www-nehc.med.navy.mil/hp/Shipshape/About\\_SS.htm](http://www-nehc.med.navy.mil/hp/Shipshape/About_SS.htm)

**How do I get a referral?** Personnel interested in attending this program can get a referral via a referral from their Command Fitness Leader (CFL) to the Ship Shape Coordinator at the local MTFs Health Promotion Department. Even those who self-refer into the program will need to get a written referral from the CFL. The CFL will complete

the written referral form and have it endorsed by the command CO or OIC. The referral form will include baseline Height, Weight and Body Fat % measurements. A sample of the Quota Request Form can be downloaded from

<http://www.mwr.navy.mil/mwrprgms/quotashipshape.htm>

**When and where is it offered?** The program is now available in Sigonella! Here in Sigonella, Ship Shape will be offered twice in 2004. The next class for active duty will be held on NAS II starting February 5<sup>th</sup> and ending March 25<sup>th</sup>. Classes will be held once a week from 1400-1600. See your CFL/PRT Coordinator for the complete class schedule. If you are interested in participating in the Ship Shape Program you should obtain a recommendation and referral from your CO or OIC through your Command Fitness Leader with a deadline of 28- JAN-2004. For more information call Health Promotions at 624-4710.