



Crews Into Shape

4-Week Challenge
March 1-28, 2004

Challenge
others at your
command to
“Crews Into
Shape”.

Insert
Your Local Program
Contact Info here

For Further Information and
Leader/Crew Guide go to:

[www-nehc.med.navy.mil/
hp/shipshape/
crewsintoshape.htm](http://www-nehc.med.navy.mil/hp/shipshape/crewsintoshape.htm)

Why? Get your body closer to that fit, healthy, energetic you!

What? 4-week challenge from **1-28 March 2004**, that brings people together for a team approach to wellness. Each crew member earns points for exercising, maintaining or achieving a goal weight, eating fruits and vegetables, and drinking water.

Who? The entire Navy and Marine Corps family are invited on board!

How?

- Find 4 to 10 team/crew members
- Pick a team/crew leader
- For challenge rules and registration information, go to:
www-nehc.med.navy.mil/hp/shipshape/crewsintoshape.htm

When? Register your team with NEHC by Friday, **27 February 2004**.

Top 4 Teams win awards.

All members completing the challenge win certificates.



“One thing I liked about this challenge is that it took me away from counting calories. Instead I focused on eating 5 servings of fruits and vegetables a day, and I lost weight! “

2003 “Crew” Member

“I can actually do more now because of exercising. I feel less tired at work and have more energy when I go home. I’m able to spend more productive time with my family,“

2003 “Crew” Member

