

FORGING THE FUTURE:



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<http://www-nehc.med.navy.mil/hp/ff/hpfrifax.htm>

Friday FACTS

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14 February 2003

"Leadership, Partnership, and Championship"

Get Ready for the 3rd Annual Crew Into Shape Challenge 3-28 March 2003

Crews Into Shape takes the team approach to wellness. If you want to improve your health, nutrition, energy level, readiness, weight, exercise route, reduce your stress level, then this is the challenge for you.

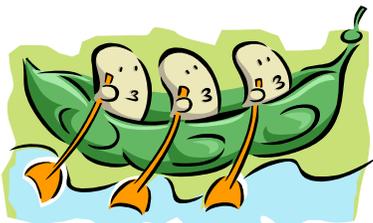
To participate:

- Find 4 to 10 team members
- Pick a leader and team name
- Challenge others at your command to use March, National Nutrition Month to "Crews Into Shape".

Points are earned for:

- Exercise
- Maintaining or achieving a weight goal
- Eating a combination of 5 or more servings of fruits and vegetables
- Drinking water daily

The Top 4 teams will receive awards. All members who complete the challenge will receive a certificate.



Form teams now and get further details and paperwork from the NEHC Website at <http://www-nehc.med.navy.mil/hp/nutrit/995aday/index.htm#Crews>. To sign up contact Lynn Kistler at 757-953-0955, DSN 377-0955, or kistlerl@nehc.med.navy.mil. There are some pre-contest requirements that need to be completed before the contest begins, so get ready to start cruising now!

NEHC-SHARP wants to know what you think about HIV, STD and unplanned pregnancy prevention - and would be very grateful for your thoughts. You also get a free sample of the new FDA approved glow in the dark condom for completing a one-page SHARP customer questionnaire. Get the questionnaire at http://www-nehc.med.navy.mil/downloads/hp/sharp_survey.doc.

It's your turn to be heard!

You may return your completed questionnaire by fax, mail, e-mail or phone.

Thank you for getting involved and for helping our people to "chart a safe course"!



"Be the change you wish to see." -Gandhi