

"The SHAPE Program is an unbelievable boon for me at this point in my life. As I struggle with mid-life weight gain and high cholesterol, along comes the SHAPE Program as a benefit provided by the Navy. Finally, a program that works for me!"

"The investment in this type of program shows great foresight and vision by Navy leaders who are concerned about the Navy's most valuable resource-experienced people. Thank you for the wisdom to introduce the SHAPE Program!"

All Active Duty personnel 40 and over can gain access to this program by contacting any one of the following SHAPE locations:

Naval Base San Diego, CA 619-556-7879
Joint Forces Staff College, Norfolk 757-443-6115
Naval Station Pearl Harbor 808-473-0793

SHAPE

Fitness Program



SENIOR HEALTH ASSESSMENT PROGRAM ENTERPRISE

- FREE
- Fitness Assessment
- Personal Training
- Group Training
- Group PT Options
- Fitness Education
- Group Exercise Classes



*The Navy's
Active Duty
40 and Over
Fitness
Program*



Fitness Assessment

Without a clear starting point there is no way to measure success. With the help of innovative technology and computer based software, Fitness Specialists are able to assess an individual's age based upon his/her physical capabilities rather than numerical age. Using this information, starting fitness levels are then established. This scientific approach provides a means to design and adapt exercise regimens on a completely personal basis!

Programming

Whether the goal is improving PRT scores, losing weight, or improving overall health, individual attention is provided to assist and guide workouts safely and effectively. Creative group experiences, lifestyle education, incentives and a focus on incorporating movement experiences into daily living are goals of the program. Though individuals will eventually be training on their own, purposefully moving in the right direction is the main objective.

<http://iu-shape.com/>

