



121 CSH/Brian Allgood

Army Community Hospital

Nutrition Care Division

Fit For Performance is a comprehensive weight management program designed to help Soldiers*:

- ✓ Lose weight and/or meet their body fat standard as outlined in AR 600-9; Army Body Composition Program (ABCP)
- ✓ Maximize military readiness and job performance
- ✓ Lower risk of weight-related disease
- ✓ Look and feel better

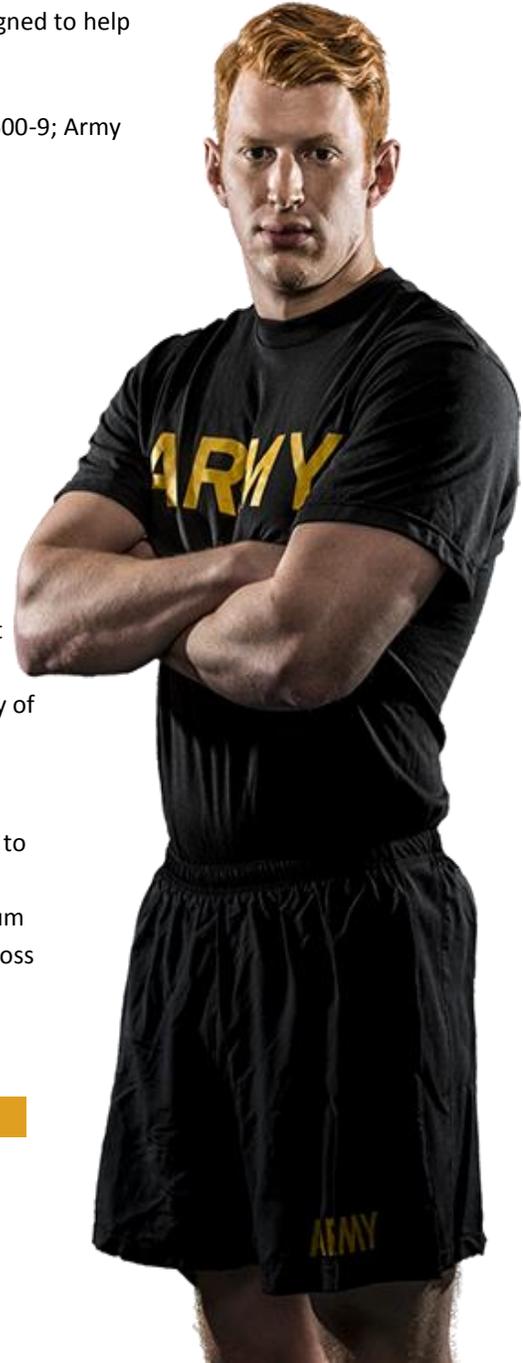
Through a series of 4 sessions, Soldiers will receive group and/or individual counseling.

Fit For Performance concentrates on 4 key areas that are essential for long-term weight loss success and these include: **sleep, activity, nutrition, and mindfulness.**



Soldiers remaining on the **Fit For Performance** program can expect a holistic approach to weight counseling with tips on meal planning, mindful eating, performance nutrition and the psychology of weight loss.

Upon completion of the mandatory nutrition counseling class (Session 1), a Soldier can choose to continue with Fit For Performance (the recommended best practice approach for optimum weight loss success) or select from other weight loss options as outlined in AR 600-9.



Monthly Class Schedule Area I & II

SESSION 1 – 1st and 3rd Wednesday @ 1500 (VTC from Camp Casey TMC)

SESSION 2 – 2nd Tuesday @ 0900, face-to-face at 121CSH

SESSION 3 – 3rd Tuesday @ 0900, face-to-face at 121CSH

SESSION 4 – 4th Tuesday @ 0900, face-to-face at 121CSH

To make an appointment, please call 737-CARE