

# FITNESS RESOURCES

## SEMPER FIT

Ensuring Marines and Sailors can physically perform mission tasks, remain mission capable, and avoid injury. Physical fitness includes strength, agility, aerobic capacity, muscular endurance, and functional mobility. Nutrition, sleep, and overall recovery strategies are also critical.



### Fitness Centers

Services include personalized fitness programs, fitness assessments, group fitness programs, and health coach consultations. High Intensity Tactical Training Centers and mobile fitness services are available for active duty.



### Group Exercise

Group X classes enhance the overall physical fitness and wellness of our patrons. A variety of classes are offered at several fitness center locations to active duty, family members, retirees, DoD employees, and their guests.



### High Intensity Tactical Training (HITT)

Comprehensive strength and conditioning program that provides programming, facilities, and education for active duty and reservist Marines. It focuses on physical resiliency and combat readiness.



### Massage Services

Our professionally certified team of massage therapists offers a wide range of massage methods including: Swedish, Passive Joint, Sports Massage, Deep Tissue, Pregnancy, and Shiatsu. Available to patrons with base access only.



### Force Fitness Instructor (FFI)

Human Performance and Resiliency programs and resources assist Force Fitness Instructors (FFI) and other active duty personnel, or their units, to physically prepare for combat conditioning and readiness requirements.



### Human Performance Assessments

- Metabolism testing
- VO2 Max testing
- InBody Full Body Scans
- Bioelectrical Impedance Analysis
- Blood Pressure Assessments



### Nutrition 101

One-hour class on the basic principles of Nutrition. Includes information on macro and micronutrients, goal setting, timing meals, eating for performance, and dietary standards. This class is available to active-duty Marines, Sailors, and their families.



### Green Machine

One-month health, fitness & weight management boot camp designed by the Health Promotions team where participants can learn about nutrition, exercise strategies, sleep, and more. Registration required, priority given to active duty.



### Na Koa Cup

The Commander's Na Koa Cup is a year-long unit competition encompassing the wide variety of Semper Fit activities and programs offered aboard MCBH. The Na Koa Cup promotes unit readiness, healthy competition, and camaraderie while supporting healthy lifestyles for Marines and Sailors aboard MCBH.