





US Marine Corps

Review of the Weight Management Programs

Learning Objectives

- Participants will be able to state the incidence of overweight Marines
 - Participants will be able to identify the Marine Corps weight management programs
 - Participants will be able to state the challenges faced by developing a comprehensive weight management program
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Incidence of Overweight in the Marine Corps

- Less than 1% of the Marines are separated due to not meeting weight standards
 - Marines receive a semi-annual Body Composition Evaluation
 - Marines are closely monitored when assigned to the Body Composition Program
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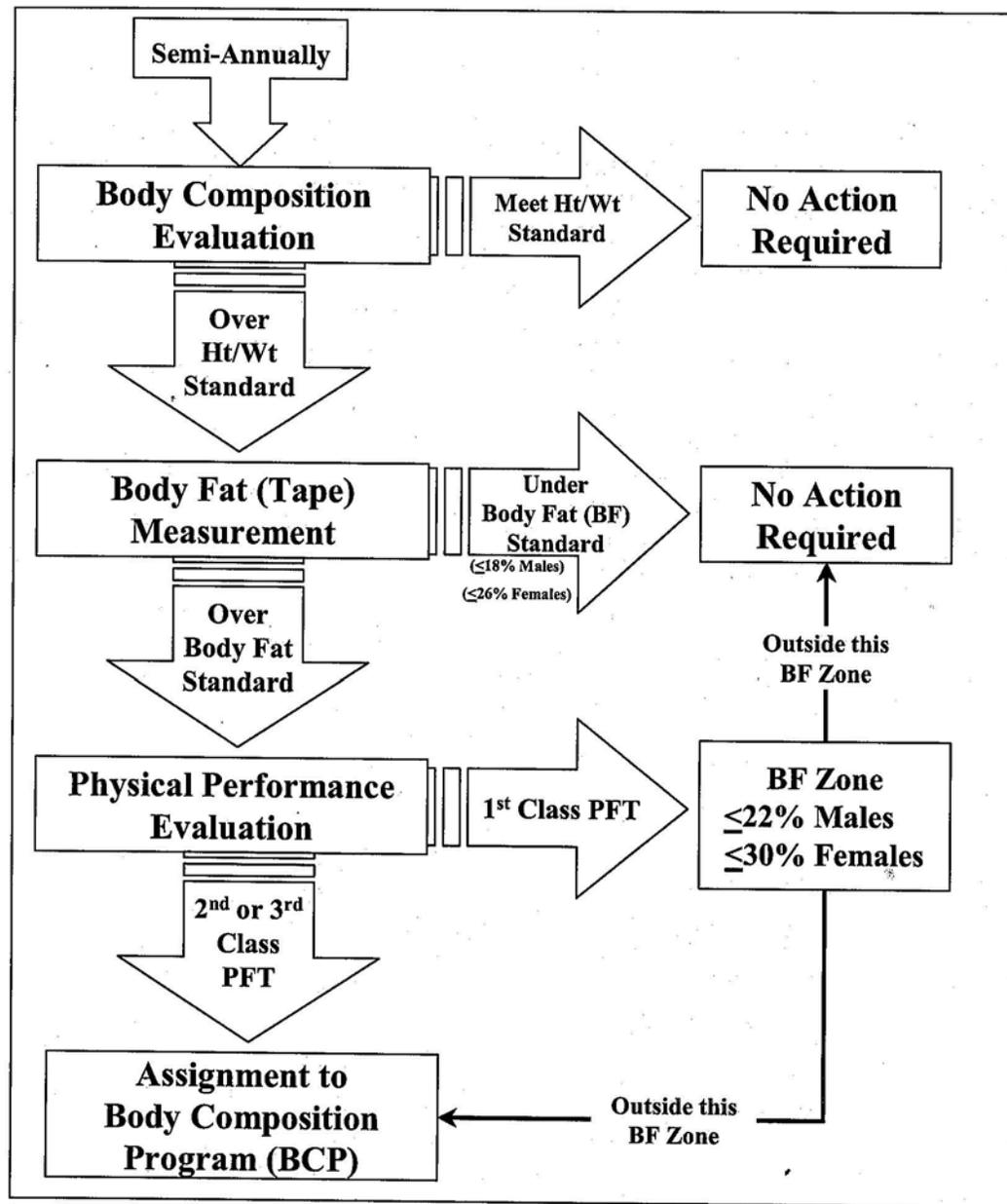
Weight Management Programs

- Active Duty: Body Composition Program & Remedial Physical Conditioning Program
 - Civilian Marines, Retirees, Families: “Semper Fit”
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MC Physical Fitness Test and Body Composition Program MCO P6100.12 10 May 02

- Semi Annual Evaluation
 - Above Wt Standards: CO sends the Marine to the Medical Officer for evaluation
 - No medical condition: Assigned to Command Actions
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PHYSICAL PERFORMANCE EVALUATION FLOWCHART



NOTE: If a Marine is currently assigned to the BCP, he/she will be given an opportunity to score a 1st Class PFT at the next officially scheduled semi-annual PFT.

Command Actions

- Unit Diary & MCTFS Entry
 - Order MCI 3316 “Basic Nutrition Course”
 - Initiate RPCP participation
 - Diet & exercise guidance: Semper Fit
 - Twice a week Body Comp Evals
 - Progress reports/counseling
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Semper Fit

- Mission: Develops plans, policies, and provides resources to sustain and enhance recruitment, retention, operational readiness, and improve the quality of life for Marines and their families.
 - http://www.usmc-mccs.org/SemperFit/sem_fit_main.html
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Semper Fit Categories

- Fitness & Health Promotion
 - Sports
 - Recreation
 - RecTrac
 - Suicide Prevention Program
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Fitness and Health Promotion: Lesson Plans

1. Physical Fitness
2. Injury Prevention
3. Nutrition
4. Tobacco Awareness
5. Hypertension & Cholesterol Control
6. STD/HIV Prevention
7. Stress Management
8. Drug Prevention
9. Alcohol Abuse Prevention
10. Suicide Awareness

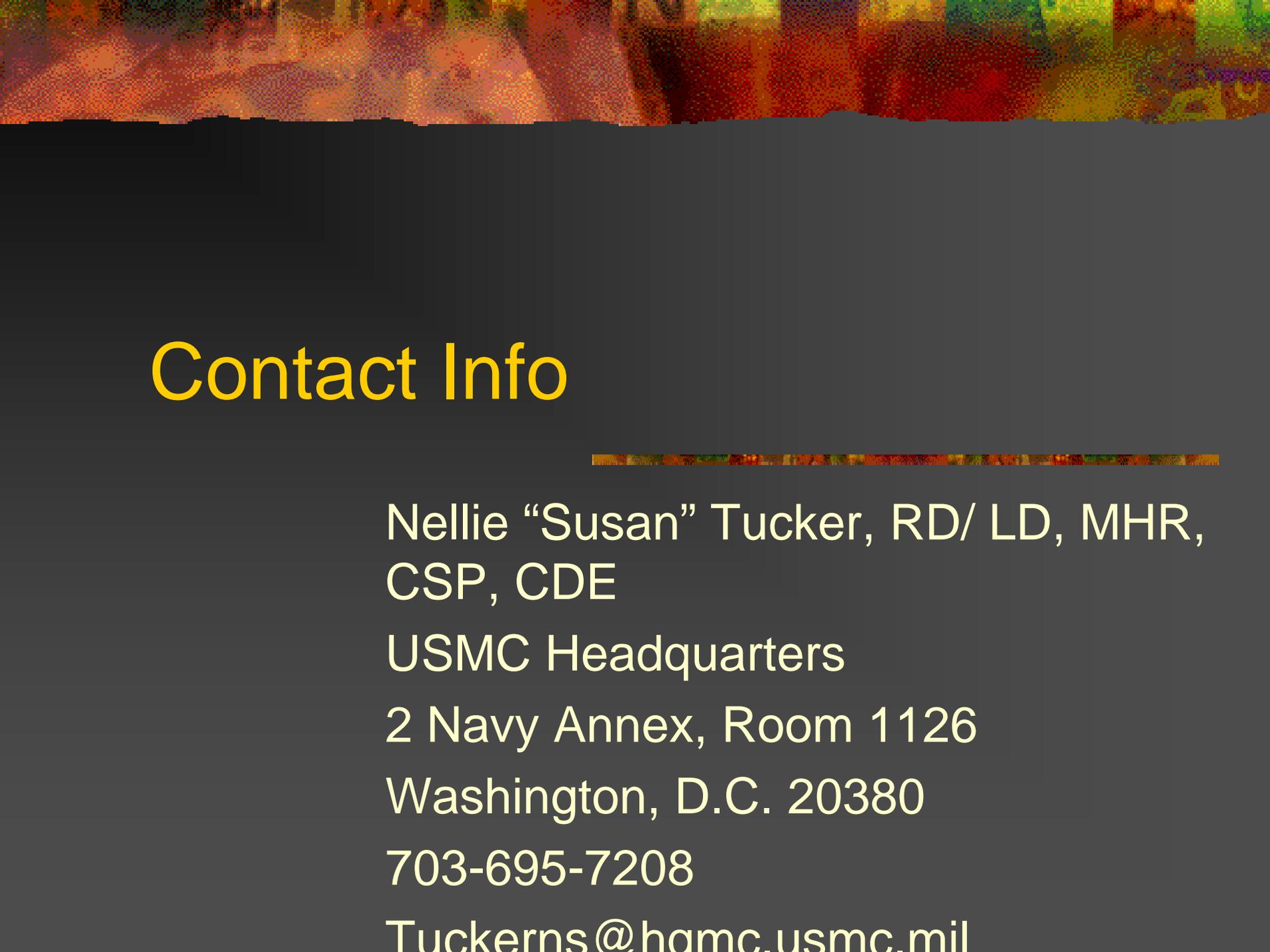
* Currently being developed into Web-based Interactive Courses

Re-cap

- 1. Rely on Navy Medical Officers for referrals to Dietitians
 - 2. Responsibility to maintain weight standards placed on Marine
 - 3. Command program and responsibility
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Contact Info

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