FIT FOR PERFORMANCE
A WEIGHT MANAGEMENT PROGRAM

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 _6_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.

*Adult Army beneficiaries who are interested in Fit For Performance, may also contact their local Nutrition Care Services for space availability and potential participation.

For more information, or to make an appointment, please call 06371-9464-2300.