

WaR: Wellness and Readiness Program

Fit. Ready. Resilient.

Adapted by the Navy and Marine Corps Public Health Center's Health Promotion and Wellness department, Wellness and Readiness (WaR) is a program designed to support active duty Sailors in achieving their short and long-term health goals to reach optimal wellness and resiliency. The WaR team is made up of experienced, highly-adaptable health coaches who empower program participants to be in the driver's seat of their health roadmap. The program offers wellness assessments, health coaching and interactive classes that are accompanied by the team's commitment to guiding participants from their current physical fitness levels toward a healthier lifestyle that lasts beyond their military service.



U.S. Navy Photo Illustration by Jonathan Donnelly, NMCPHC, Warfighter Wellness

Wellness assessments are conducted by WaR health coaches at regular intervals through each participant's time in the program. This allows the health coaches to gain a better understanding of the Sailors they are working with directly. The first assessment is body composition using the ultrasound wand technology. Measuring multiples sites on the body, this device analyzes how much body weight is made up of fat versus how much is muscle. The second assessment focuses on measuring resting metabolic rate. This determines how many calories the body burns at rest, which helps participants understand the number of calories they should consume each day to achieve or maintain a healthy weight. The final assessment includes fitness testing. These tests identify the body's ability to use oxygen during exercise and measure strength.

"Assessments are extremely valuable because they give you something to look at and compare. Doing assessments every few months helps you see the change in your body composition. The assessments help you see that your fat percentage has gone down. It keeps you motivated."

- WaR participant

The WaR program has six wellness classes that allow participants to build a foundation of knowledge on how to boost metabolism, stay active with little to no equipment, plan healthy meals, manage stress and establish a better sleep routine.



Images courtesy of Defense Visual Information Distribution Service (DVIDS)

The program's health coaching encourages participants to set SMART goals, build personalized action plans, adapt healthy behaviors and address potential barriers in exercise, nutrition, sleep and stress management. Regular sessions allow the health coach and participant to monitor progress, modify action plans or goals and celebrate the participant's success.

"I really enjoy the accountability aspect of this program. Having to check in every two weeks keeps me on track. Check-ins allow my health coach and me to go over my day-to-day caloric intake in an app I use, which helps me stay aligned with the goals we set together."

- WaR participant

To maximize the participant's time, little is required to participate in WaR. A time commitment of up to one hour for wellness assessments, 45 to 60 minutes for wellness classes and 15 to 30 minutes for health coaching sessions is all that is needed. Classes and health coaching sessions are offered in person and virtually. The WaR team is currently located in building X-70 on Naval Station Norfolk, near gate two and open for assessment appointments from 0800 to 1330 on weekdays. For more information on WaR services and/or to make an appointment, please call or text the team at (757) 652-8424 or scan the QR code. The team is available weekdays from 0730 to 1530.

