



Wellness and Readiness Program

Helping Active Duty Sailors Become Fit. Ready. Resilient.

WHAT WE OFFER

- Body composition, metabolic and fitness assessments
- Weekly wellness classes
- Regular check-ins with your health coach to make sure you are staying on track with your health goals

WHY JOIN?

- We help you**
- Set and achieve your goals
 - Improve your PRT scores
 - Develop a healthier lifestyle

JOIN NOW!

- Bldg. X-70, NSN, near Main Gate 2
- Contact us to make an appointment
- Available at no cost to you!

Call or text **TODAY** to jump-start your journey towards a healthier you! | **757-652-8424**

