

Health Promotion



ABOUT

MCCS Semperfit Health Promotion hosts a wide variety of physical fitness program events for Marines, Sailors as well as their families stationed on Okinawa. These include Fit Camps, Spin classes and various aerobic events. All created to promote health by encouraging physical activity. The ultimate goal of these programs is to educate children and their families on the importance of implementing and continuing a healthy lifestyle, and providing them with the knowledge and tools to use effectively.

Location: Various locations

Participants: over 50,000 active duty and families on island

Sponsorship requested includes the following:

- Recovery Items: Hotel overnight stays, Lunch gift certificates, Spa gift certificates, Ice cream gift certificates
- Airline tickets for families/couples (international/domestic) possibly combining with free admission tickets to amusement parks and/or free hotel stay
- Exercise Apparel: gym bags, backpacks, sports towels, workout clothes
- Exercise equipment: wearable devices, foam rollers, TRX, kettlebells, battle ropes, lifting belts/straps
- GoPro, video games/consoles, flat-screen TVs, MP3 players, Bluetooth headsets/speakers
- Supplements: Nutrition bars, supplements for recovery, Protein/amino acid supplements, sports drinks

Benefits to Sponsor

- Tables and Chairs with Product display/sampling & Survey Opportunities
- On site signage- poster/digital monitors
- Branding on media advertisement
- Logo on website/Facebook promotion
- MCCS fitness centers visits/Flyer Program
- Announcements at Event
- Recognition at the Event
- Banner Space
- Product Display

Health Promotion Events

Fit Camp

This is a 6 week progressive physical fitness program that will tear you down and rebuild you into a newer and better you. Participants will be able to see progress throughout the program, where each week becomes tougher and tougher. This tests their physical and mental ability to help achieve personal goals for themselves.

Date: January | May | September | October
Location: Camp Foster | Camp Courtney

Participants: 135



Heart Healthy Spinathon

February is Heart Health Month. Get your blood pumping and train your cardiovascular endurance during our Spinathon in 3 fifty minute back-to-back sessions.

Date: February
Location: Camp Foster

Participants: 76

Great American Smoke Out

The Great American Smoke Out brings about awareness of tobacco use and the dangers associated. On this day, tobacco users that will participate pledge not to use tobacco products.

Date: February
Location: Camp Foster | Camp

Participants: 25



Health Promotion Events

Dance for a Cause

MCCS Health Promotion will host Dance for a Cause as a Breast Cancer Awareness Event. Participants will take part in Fitness Dance Classes such as MixxedFit, Zumba, and STRONG by Zumba with MCCS contracted instructors. The instructors take turns teaching a few songs each on the large Community Center stage. The night is filled with dancing, great music, and good information about Breast Cancer.

Date: October
Location: Camp Foster

Participants: 162



Remembrance Yoga Reflect and Remember

This evening Yoga class serves as an opportunity to pay respects, to reflect, and to remember 9/11; both to those who lost their lives and to others effected by this tragedy.

Date: September
Location: Camp Foster

Participants: 53

Group Fitmas

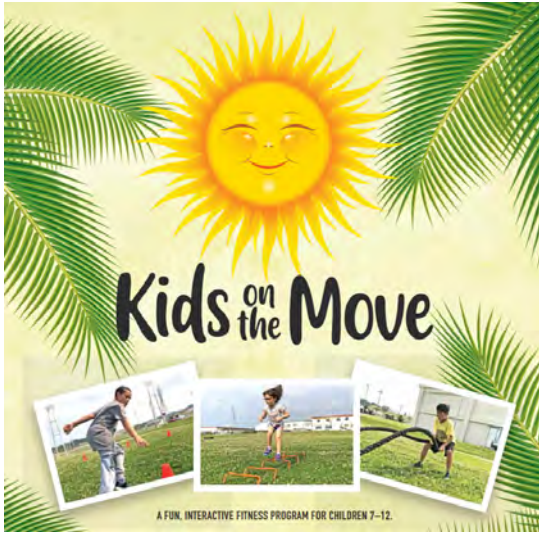
This Home for the Holidays event serves to promote health by encouraging physical activity this holiday season. Participants will collect a ticket at each Group Fitness class they attend. Following Group-Fitmas, tickets will be drawn and a winner announced.

Date: December
Location: All Camps

Participants: 400



Health Promotion Events



Kids on the Move

Kids on the Move is a creative, interactive, game centered-fitness regimen for children to participate in to keep them healthy and moving. Taught by a Personal Trainer/Fitness Coordinator, this program will follow a curriculum with physical activity, nutrition and other healthy lifestyle components. The ultimate goal is to educate children and their families on the importance of implementing and continuing a healthy lifestyle, and providing them with the knowledge and tools to use effectively.

Date: April | June | August
Location: Camp Foster

Participants: 170

Black Friday Aerobathon

Annual event that celebrates health in working off your extra calories with a variety of fitness fun. We showcase several of our formats for Group Fitness to spread the word of our wonderful classes

Date: November
Location: Camp Foster

Participants: 150



Family Fun Day

Fun fitness and nutritional related activities for parents and kids. Families participate in the fun run and walk. Testing their skills in the obstacle course. Learn some new dance moves. This event get the entire family involved in outdoor games.

Date: May | November
Location: Kinser | Foster | Courtney

Participants: 650

