

MCCS Health Promotion Wellness Request Form

Information

Full name, rank	
Phone	
Email	
Location (Base)	

Please select one that best applies

- AD USMC AD USN AD USAF AD Army
 DOD Civ MCCS SOFA IHA/MLC

Available service (Please check all that apply)

- Body Fat % Assessment** **Return 2 Readiness class(es)**
 Resting metabolic rating (RMR) *Individual classes on nutrition, metabolism, exercise, stress management and Emotional eating
 Nutrition Counseling
 Tobacco Cessation
*Tobacco cessation and basic nutrition counseling depending on availability

Resting Metabolic Rate Testing Requirements:

- **No food** for AT LEAST 4 hours before your appointment (water is okay).
- **No exercise** the day of the test.
- **No stimulants**- caffeine, cold medication, tobacco, etc.

During the test, you will sit in a comfortable position and breathe into a mouthpiece. You will also have to wear a nose clip. The test takes 10-20 minutes.

Does your leadership need email confirmation of your appointment?

- Yes no

If yes, provide email:

Comments: