

MCCS Health Promotion Wellness Request Form

Please send completed form to MCCS Health Promotion at mccshealthpromotions@okinawa.usmc-mccs.org

Information

Full name, rank	
Phone	
Email	
USMC Base Location	

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 (Inbody)** **Return 2 Readiness class(es)**
 Nutrition Counseling *Individual classes on nutrition, metabolism, exercise, stress management and Emotional eating (AD ONLY)
 Tobacco Cessation
*Tobacco cessation and basic nutrition counseling depending on availability
 Inbody Result Counseling **Sleep Coaching**
 Fitness Consultations
 Performance Assessments
 Pre/Postnatal Fitness Consultation

BIA Testing Requirements:

1. **Avoid** eating 3 hours before testing. (undigested food may count as additional weight, negatively effecting test results)
2. **Avoid** any stimulants such as caffeine, alcohol, or tobacco 3 hours before testing. (stimulants will cause dehydration in the muscles, negatively effecting test results)
3. **Avoid** exercise 3 hours before testing. (exercise can change the composition in your body, negatively effecting test results)

Does your leadership need email confirmation of your appointment?

Yes no

If yes, provide email:

Comments: