

# MCCS Health Promotion Wellness Request Form

## Information

Full name, rank	
Phone	
Email	
USMC Base Location	

Please select one that best applies

<input type="checkbox"/> AD USMC	<input type="checkbox"/> AD USN	<input type="checkbox"/> AD USAF	<input type="checkbox"/> AD Army
<input type="checkbox"/> DOD CIV	<input type="checkbox"/> MCCS	<input type="checkbox"/> SOFA	<input type="checkbox"/> 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

**Sleep Coaching**

**Inbody Result Counseling**

## 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: