



U.S. ARMY GARRISON – DETROIT ARSENAL FAMILY AND MORALE, WELFARE AND RECREATION



COMMUNITY HEALTH PROMOTION PROGRAM

The Community Health Promotion Program (CHPP) encourages members of the Total Army Health Family engage in a program of consistent exercise and other positive health habits. Through increased activity, the CHPP yields participating DA civilians employees lower health risks and increase emotional and spiritual well-being.

Program Details:

- 6 month program
- Program offered quarterly
- Pre & post program Assessment
 - Cardiovascular Testing
 - Health Assessment
 - Strength Testing
 - Flexibility Testing
 - Body Composition
 - Tape Measurement
- Exercise education
- General Nutritional Info
- Fitness programs
- Dietician counseling
- Support classes available (EAC)



SIGN-UP IS AVAILABLE IN JANUARY!

Stop in, Call 282.5606/8885, or email DAMI_FMWRFitness to inquire