



Detroit Arsenal

Family and Morale, Welfare and Recreation



COMMUNITY HEALTH PROMOTION PROGRAM

SPOUSES & FAMILY MEMBERS

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 continuously
- 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
- Emotional fitness
- Support classes available (EAC)



SIGN-UP IS AVAILABLE RIGHT NOW!

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