



UNITED STATES MARINE CORPS

COMMANDING OFFICER
MARINE AVIATION TRAINING SUPPORT GROUP
700 AVENGER AVENUE
LEMOORE, CA 93246-5016

IN REPLY REFER TO:

GruO 6200-1

Trng

JUN 12 1996

GROUP ORDER 6200-1 WCHZ

From: Commanding Officer
To: Distribution List

Subj: MARINE CORPS HEALTH PROMOTION PROGRAM: SEMPER FIT 2000

Ref: (a) MCO 6200.4

1. Purpose. To promulgate policy, procedures and guidelines concerning Semper Fit 2000 Program applicable to all Marines aboard NAS Lemoore in accordance with reference (a).

2. Background. Semper Fit 2000 is a combination of health education and related organizational social, economic, and health care interventions designed to improve or protect health. The health promotion program includes seven elements: tobacco use prevention and cessation; physical fitness and sports; back injury and muscle strain prevention; nutrition education and weight/fat control; stress management; alcohol and drug abuse prevention and control; and early identification and control of hypertension.

3. Policy. The Marine Corps will ensure total force and family readiness and maximize individual performance by adopting a variety of programs which encourage healthier lifestyles and a quality of life at least equal to that of the nation which we defend, as indicated in reference (a).

4. Action. MATSG will:

(1) Include Semper Fit 2000 program compliance and evaluation as part of the command inspection program as conducted by the Executive Officer.

(2) Promote sponsorship and/or participate in local community activities that enhance and encourage physical fitness (especially youth oriented activities) in support of Semper Fit 2000 programs.

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(3) The MATSG Training Officer will assist the NAS Lemoore Semper Fit 2000 coordinator with health promotion responsibilities to the command.

(4) Ensure command orientation program includes information on where to obtain Semper Fit 2000 assistance and resources.

(5) Promote a smoke-free working environment. The Commanding Officer, MATSG will issue a written tobacco use policy which includes a list of designated smoking areas.

(6) Ensure that all lost workday cases associated with back pain or other muscle strains are reported.

(7) Encourage participation in NAS Lemoore's annual health fair during May (National Hypertension and Physical Fitness and Sports Month).

(8) Ensure on-going training for stress management programs as part of the Basic Warrior Training.

(9) Promote leadership practices that reduce job related stress and enhance a condition of mental alertness and physical well-being among members of the command (e.g., quality of life policies, equal opportunity, sexual harassment, MWR programs, counseling services, etc.).

5. All Marines are ultimately responsible for their own lifestyle choices and physical readiness and will become familiar with the Semper Fit 2000 policies, objectives, and assistance resources.


R. J. SMITH



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IN REPLY REFER TO:

GruO 6200 CH-1
SUPP
13 Jul 96

GROUP ORDER 6200 CH-1

From: Commanding Officer
To: Distribution List

Subj: MARINE CORPS HEALTH PROMOTION PROGRAM

1. Purpose. To issue pen and ink changes to basic Order.
2. Action. Make the following pen and ink changes:
 - a. Page 1-2, change "6200.1" to "6200".

P. SWAINSON
By direction

DISTRIBUTION: A