

# SERVICES

by Appointment

## Nutrition and BCP Briefs

## Resilience & Wellness Assessments / Individual Goal Setting

## Sleep Briefs and Counseling

## Sexual Health Education Brief or Individual Appointments

### Nutrition Counseling

Active Duty	Free
Non-Active Duty	\$35 Initial \$25 Follow-up Sessions

### Assessment Testing

(Includes Nutrition Counseling):

Metabolism Test	\$25 Active Duty \$30 Non-Active Duty
InBody	\$20
Lipid & Glucose Testing	\$20
Bundle of all Testing	\$35 Active Duty \$70 Non-Active Duty
Sleep Assessments	Free



## INSIDE THE HITT CENTER

(858) 414-4013 (cell)  
Text or Leave Message

## JULIE.BURKS@USMC-MCCS.ORG

HP Director/Dietitian  
(858) 307-7963

## CHRISTINA.SCHAEFER@USMC-MCCS.ORG

HP Health Educator  
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## ERIC.SHELTON1@USMC.MIL

HP Resilience and Wellness Specialist  
(858) 307-6440

We provide Unit Briefs on all topics and will come to you!



# HUMAN PERFORMANCE SERVICES





# CLASSES

## **Mastering Sleep: The Ultimate Guide to Restful Nights**

*(1st Tuesday of the Month / 1130-1230 / HITT Center)*

Are you struggling to get a good night's sleep? Join our comprehensive sleep class designed to help you understand the science of sleep and how to optimize your sleep patterns for better health, mood and productivity.

## **Performance Nutrition: Fuel Your Potential**

*(1st Wednesday of the Month / 1130-1230 / HITT Center)*

Unlock your full potential by understanding the vital role nutrition plays in enhancing your athletic performance and overall health. In this class, we dive into the science of nutrition, exploring how different foods, nutrients and calories can impact your energy levels, recovery, and muscle growth.



## **Resilience & Wellness Class: Enhance your overall well-being**

*(1st Thursday of the Month / 1130-1230 @ the HITT Center.)*

This class focuses on strategies to build emotional strength, manage stress, and improve overall well-being. Through practical tools, mindfulness practices, and coping techniques, participants learn how to overcome challenges, improve mental health, and cultivate a balanced life.

## **Warrior Network Group (WNG)**

### **Strengthen your Resiliency**

This series of (one hour a day, Mon-Fri) evidence-based classes focus on different aspects of mental, physical, social and spiritual resiliency. Depending on unit needs, each session may also be offered as a stand-alone class.

*(Email or call to Eric Shelton to schedule)*

## **Emotional Intelligence Class/Brief:**

### **Expand your personal growth**

A 60 min brief focusing on maintaining a growth mindset and helps individuals develop self-awareness, empathy, and effective communication skills. Through interactive exercises, participants learn to manage their emotions, build stronger relationships, and navigate social situations with confidence.

*(Email or call to Eric Shelton to schedule)*

## **Recharge and Realign Field trip:**

### **Remember why you joined**

*(Graduation Fridays - 0530-1200 / MCRD)*

This fun and educational field trip will re-inspire your Marine's desire to be a Marine. We transport a group of Marines to an MCRD graduation ceremony to remind them of the resiliency they built during bootcamp and re-energize and challenge them to use those skills to improve their current situation and thrive as a Marine.

*(Email or call to Eric Shelton to schedule)*

