



YOUR HEALTH, YOUR TERMS, YOUR FAMILY.

100% ONLINE, BACKED BY RESEARCH

Army H.E.A.L.T.H. Intensive is an interactive technology-based program that provides tools for Soldiers and their family members to reach and maintain a healthy weight, and improve fitness, sleep, and the mind/body connection.

PROGRAM COMPONENTS



Customized Meal Plan

Several meal plan options that fit your caloric prescription. Use the printable grocery list to plan ahead.



Personalized Fitness Plans

Like to work out at home? Or the gym? Got a lot of equipment? Or none? Our exercise plans are tailored to your needs and come with detailed descriptions, pictures, and videos. They can also be customized to fit your daily routines.



Effortless Tracking

Data from your activity tracker and smart scale will automatically upload to your Intensive dashboard where you can monitor physical activity, sleep health, and progress toward weight management goals.



The Support You Need

One-on-one individualized coaching with health experts, including a registered dietitian and health psychology team.



Training Plan

Each week you will learn new tips and tactics for maintaining a healthy lifestyle.



Total Mind and Body Wellness

Intensive doesn't just focus on diet and exercise. Our program integrates easy to understand techniques for practicing mindfulness, which will help you reach your weight loss goals, sleep better, and feel less stressed. This is something that is unique to the Intensive program.



Stay Connected

Intensive tools and resources that can be accessed around the world, at any time from a smart phone or WiFi enabled device. Intensive travels with you wherever you go.

