



Together... making health and well-being a reality!

## InSHAPE

### **InSHAPE is a program to help you become fit and lose weight.**

It offers weekly support of a Health Mentor (personal trainer) and nutrition and exercise activities in the community.

### **What is InSHAPE, and What Does It Involve?**

InSHAPE is a wellness program that uses resources in the community, such as gyms, parks, nutrition programs, etc., along with a personal Health Mentor. Health Mentors go with participants to activities chosen by the participant, from water aerobics and yoga, to walking and weightlifting and also provide nutrition counseling and education. They help participants set weekly goals, help them to track their progress, meet new people and have fun. Health Mentors motivate, encourage, and cheer participants on during their journey to a healthy life.

### **Who is Eligible to Join InSHAPE?**

You are eligible to participate if you are:

- 18 years of age or older
- Overweight
- Given medical clearance by a doctor for participation
- Interested in meeting regularly with a personal trainer to work towards a healthier life, including exercise and eating well
- Have a Serious Mental Illness and involved in Home and Community-Based Services with Aspire



**Appointments** ...1-877-574-1254

**24/7 Crisis** .....1-800-560-4038

**Website** .....[www.AspireIndiana.org](http://www.AspireIndiana.org)

"I never, ever thought I could do this. I feel great. I love looking in the mirror."

—Lori Littleton, NH InSHAPE participant

"To improve physical health and quality of life, and reduce the risk of preventable diseases of individuals with serious mental illnesses."

—Ken Jue, Creator and Founder of InSHAPE

"When I first started this program, I could only walk for five minutes. Last week I walked for 90 minutes. Before this program, I vegetated a lot."

—Kathy Keene, NH InSHAPE participant