



Aspire Indiana Health InSHAPE

ASL INTERPRETING SERVICES AVAILABLE

InSHAPE is a fitness and wellness program designed to improve health, wellbeing and longevity of life using education, exercise & fitness, nutrition and community engagement for those with mental illness. Individuals with a mental illness diagnosis often face accompanying challenges of poor physical health or chronic conditions.

INSHAPE

By implementing exercise and improving nutrition habits, the program helps participants lose weight, improve cognitive functions, decrease depression and anxiety, improve self esteem, and decrease social isolation. The program can benefit you in managing or reducing the risk of major illnesses, such as heart disease, stroke, high blood pressure and Type 2 diabetes.

WHAT DOES INSHAPE INVOLVE?

InSHAPE health mentors are certified personal trainers who will meet with you to develop fitness and wellness goals. Health mentors will perform fitness and medical assessments and track progress.

Health mentors use gyms, parks and community resources to incorporate fitness plans. Activities the health mentor will coach you in include walking, jogging, weight training, aerobics, yoga, swimming, HIIT training, bike riding, body weight exercises, resistance band exercises and medicine ball exercises.

Health mentors will work on educating you with ways to improve your nutrition and eating habits in a supportive, non-judgemental method. Health mentors are understanding and empathetic to the abilities and impairments of participants and



encourage them to work towards their goals with coaching and guidance.

WHO IS ELIGIBLE FOR INSHAPE ?

18 years or older

Given medical clearance by primary care provider

Involved with Home and Community based services at Aspire

Diagnosed with a serious mental illness

Interested in meeting with a health mentor to improve fitness and nutrition

For more information about
InSHAPE, contact:

Jody Hall

InSHAPE Personal Trainer, AFAA

jody.hall@aspireindiana.org

(317) 587-0651



[https://www.youtube.com/
watch?v=LeAlgZWmmyw](https://www.youtube.com/watch?v=LeAlgZWmmyw)

For after hours non-urgent
medical concerns call **(866) 581-8970**

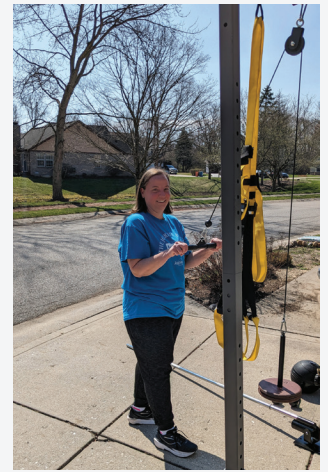
Appointments
(877) 574-1254

24/7 Crisis
(800) 560-4038

**If it is a medical emergency
please call 911.**

*"Losing #52 pounds in 8 months is my
biggest accomplishment ever."*

– CHRISTINA



*"WOW! InSHAPE has made a huge
difference in how I look at getting
fit. So many different ways to
exercise keeps me from getting
bored and giving up. I have learned
ways to cope with my anxiety and
depression and really appreciate it.
Love the gym in the Carmel building."*

– CORY



*"Since I have been in the InSHAPE
program my blood pressure is better
and I feel better about myself. I look
forward to seeing Jody every week
to go out and exercise."*



Before & after!

– LINDA

