



LIVE YOUR BEST LIFE

Aspire  
Indiana Health



"I was able to do my first 5k race thanks to InSHAPE. I now go to the YMCA on my own three times a week."  
— TJ

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.

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

**Contact information**

Appointments...(877) 574-1254

24/7 Crisis .....(800) 560-4038

Website .....www.AspireIndiana.org



"InSHAPE has taught me how important it is to manage my cholesterol and triglycerides. I didn't understand how important it was before InSHAPE. I enjoy jogging and all the different exercises."

– **Adam**



"Since I joined InSHAPE I have lost #50 by changing my diet and exercise. I now ride my bike more and have my own recumbent bike."

– **Joe**



"Because of InSHAPE I have lost #100 and no longer take insulin. InSHAPE has shown me I can do things others have told me I can't."

– **Pat**



"Without InSHAPE I wouldn't have lost so much weight and learned how to manage my high blood pressure. I love the different exercises and can't wait to do my first 5k race this fall."

– **Christine**