



Lakes Region Mental Health Center

InShape

WHAT IS InShape?

InSHAPE is an evidence-based practice with the goal of improving physical health and quality of life, reducing the risk of preventable diseases, and enhancing the life expectancy of those with mental illness.

HOW DOES IT WORK?

InShape participants work with trained Health Mentors to create individual plans that include physical activity, healthy eating goals, and attention to medical needs. The Health Mentor helps connect the participant to a variety of activities that exist in the community until they feel comfortable going alone. Several times a year, participants attend celebrations where they are recognized for their efforts and achievements.

WHAT ARE THE BENEFITS?

InShape participants report:

- Increased hours of exercise per week
- Reduced symptoms of mental illness
- Increased overall activity levels
- Greater confidence in social situations
- Improved vital signs (blood pressure)

Be Well and Live Well with InShape!