INSHAPE

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

Aspire Indiana Health
InSHAPE

For more information about InSHAPE, contact:

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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.

ASL INTERPRETING SERVICES AVAILABLE.

Revised October 2026.



"I love this program, I have lost 50 pounds in a year and feel so much better about myself."
– ERIN



"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."