

IN-SHAPE
INDIVIDUALIZED SELF
HELP ACTION PLAN
FOR EMPOWERMENT

**EXERCISE &
WELLNESS
PROGRAM HEALTH
MENTOR**



WHAT IS In-SHAPE?

In-SHAPE is a wellness program designed especially for people who have a severe mental illness.

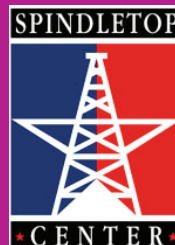
In-SHAPE GOALS

- Improve physical health
- Increase quality of life
- Reduce the risk of diseases
- Enhance length of life
- Teach ways to reduce stress

IN-SHAPE!

IS A PROGRAM OF
THE HAPPY HEALTHY
CONSUMER COMMITTEE

TO GET
"IN-SHAPE"
CALL
409-839-1096



2750 S. 8th St, Bldg. D
Beaumont TX 77701

SpindletopCenter.org
Stctr.org

IN-SHAPE!



A HEALTH &
FITNESS PROGRAM
FROM
SPINDLETOP
CENTER

IN-SHAPE SERVICES



EXERCISE
YOUR HEALTH MENTOR WILL:

- Monitor your exercise program
- Go with you to the gym
- Give home exercise programs
- Teach about home exercise equipment
- Show how to use exercise equipment
- Show how to perform low-impact exercises without equipment

NUTRITION

YOUR HEALTH MENTOR WILL:

- Show you how to make a healthy shopping list
- Teach you how to shop and cook
- Review your weekly food log
- Teach you healthy eating habits

HEALTHY LIVING

How In-SHAPE supports recovery:

- Offers a choice for a wellness program
- Encourages personal control and skill over one's physical health
- Each person feels valued, welcomed and accepted
- Core values of hope, choice and personal responsibility
- Focuses on the link between physical and mental healthcare



PROGRAM REQUIREMENTS

To join In-Shape you must:

- Receive services from Spindletop Center
- Be 18 years or older
- Have a severe mental illness