

**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.

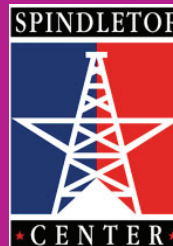
## In-SHAPE GOALS

- 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



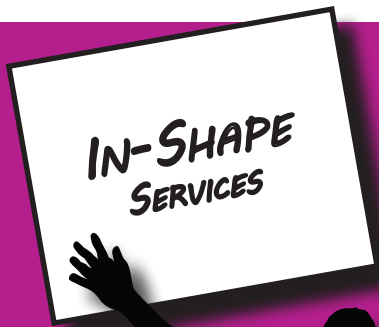
2750 S. 8th St, Bldg. D  
Beaumont TX 77701

[SpindletopCenter.org](http://SpindletopCenter.org)  
[Stctr.org](http://Stctr.org)

# IN-SHAPE!



A HEALTH &  
FITNESS PROGRAM  
FROM  
SPINDLETOP  
CENTER



**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



### To join In-Shape you must:

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