

InSHAPE

InSHAPE is an innovative wellness program that brings together a broad range of community organizations concerned with health, exercise, and nutrition to provide participants with:

- Personal health mentors—professional fitness trainers who accompany participants up to three times a week on activities chosen by the participant from water aerobics and yoga, to weight training
- Access to fitness activities provided by program partners
- Nutrition counseling and education
- Smoking cessation support
- Medical liaison support
- Encouragement and support for receiving regular medical check ups and active management of chronic health conditions