

InSHAPE

Program Overview



InSHAPE

- Four separate programs make up InSHAPE:
 - InSHAPE
 - Heathy Matters
 - Bfit
 - Dietitian Services.
- These programs help to set goals, teach sustainable exercises, and promotes healthy eating.



InSHAPE

- InSHAPE is for adults with the diagnosis of mental illness.
- Health Matters is for adults with a diagnosis of Intellectual Disabilities and Developmental Delays.
- Bfit is for children.
- The Dietitian's focus is on individuals with a diagnosis of diabetes, cardiovascular issues, kidney disease and obesity with the goal of reaching all populations within CMH.



??Any Questions??