

## InSHAPE Together Study to Improve Fitness and Encourage Healthier Eating

The Dartmouth Prevention Research Center's InSHAPE Together Study builds on the widely successful community-based InSHAPE model first developed and implemented with individuals with serious mental illness by Monadnock Family Services. The new InSHAPE Together Study in Keene will focus on 30 participants of all ages without mental health challenges to increase physical activity and make more nutritious food choices. Participants will be taught strategies to set goals and test small changes in their behavior, track improvements in activity and food selections, identify barriers and facilitators to healthy eating and active living in their communities, and how to draw upon the support of team members to reach personal goals.



“We are fortunate to be partnering with the Monadnock Covenant Church, the Keene Family YMCA, nutrition expert Cindy Knipe, R.D., L.D., and the Keene State Dietary Internship Program for this study,” says **Dr. Rudy Fedrizzi**, Project Co-Investigator and Director of Community Health Clinical Integration at CMC/DHK. “Testing this innovative, intergenerational approach to health improvement is an important community-based collaboration that aligns perfectly with our efforts to become the healthiest community in the nation by 2020.”