I think it is necessary to raise awareness of the InSHAPE program, as it can be directly linked to a healthier life and can even save lives. Individuals with SMI should not be overlooked, because these circumstances and statistics can be improved. Furthermore, those with SMI tend to be less active than the general population and lead lifestyles that are more sedentary (Richardson et al., 2005). To portray the importance of physical activity, Richardson et al. (2005) suggested “a minimal exercise program should consist of at least three 20- to 60-minute exercise sessions each week” (p. 3).

The InSHAPE program emphasizes the importance of exercise and a healthy lifestyle. I think that the InSHAPE program should be required by mental health agencies, because there are so many health benefits. I can’t help but wonder why this program is not more commonly known or required by all states?

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