



InShape PPW is designed to increase:

- Sports & physical activities
- Healthy eating
- Getting adequate sleep
- Controlling stress
- Setting multiple health goals
- Positive self-images
- Health-related quality of life

InShape PPW is proven to delay or reduce:

- Alcohol use
- Marijuana use
- Alcohol & drug problems

What is InShape PPW?

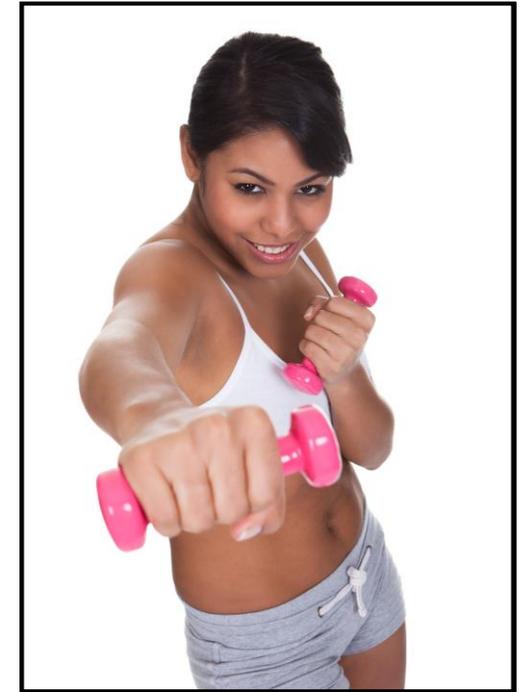
- ❖ InShape Prevention Plus Wellness (PPW) is a quick and practical evidence-based program that integrates substance abuse prevention with wellness in a time and cost-saving single-lesson for young adults.
- ❖ InShape teaches young people to link substance abuse avoidance with increasing wellness behaviors and images, including sports, physical activities, healthy eating, getting sleep and controlling stress.
- ❖ InShape is customized to each young adult's health habits and involves screening them for their current health habits, providing tailored positive behavior and image feedback, and developing skills to set and monitor multiple behavior goals.
- ❖ InShape is being used in colleges, youth groups, mental health agencies, communities, and more.

INSHAPE PREVENTION PLUS WELLNESS

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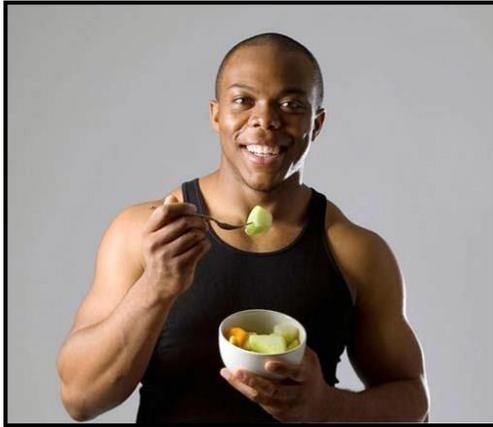


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INSHAPE PREVENTION PLUS WELLNESS

*Practical Evidence-based
Prevention with Wellness
for Young Adults*



Youth Epidemic of Multiple Health Risks

- CDC reports that millions of American youth and especially young adults experience key risk behaviors known to harm their physical and mental health.
- Research also indicates that the majority of US youth experience multiple co-existing health risk behaviors and problems, like physical inactivity, unhealthy eating, lack of sleep, stress and substance use.
- InShape PPW is specifically designed to address these risks in a single program and setting, to cost-effectively improve the “whole health” of young people.

“The majority of young adults in America experience multiple and sometimes co-existing health risks. These can include physical inactivity, unhealthy eating, stress and alcohol, marijuana or other drug use.”

That is why we created InShape Prevention Plus Wellness. Unlike other prevention and health programs, InShape triggers positive images of youth to increase wellness promoting habits while also preventing substance abuse behaviors to increase both physical and mental health of young people.”

*Chudley Edward Werch, PhD
InShape Developer, Founder
and President
Prevention Plus Wellness, LLC*



Programs and Services

- 1) **InShape PPW Manual** with CD includes everything needed to implement and evaluate your program to an unlimited number of young adults in one-on-one or group settings.
- 2) **InShape PPW Implementer Training** a four-hour online or onsite workshop to learn how to implement InShape with fidelity.
- 3) **InShape PPW Training of Trainers (TOT)** a six-hour online or onsite workshop to learn how to train others to implement InShape.
- 4) **Site Licenses** allow program customization and co-branding, and unlimited reproduction of all program manual materials.