

GREAT SHAPE

The Hendricks Regional Health Great Shape program helps employers reduce healthcare costs, improve productivity and increase employee health and job satisfaction.

Our wellness experts created Great Shape to jump start healthy lifestyles. This six-month customized program includes one-on-one nutrition counseling, Target Metabolism visits, activity plans, fitness classes and a blogging community.

The program gives support for behavior change in a group setting, stress reduction activities and hundreds of dollars of free medical care for participants. It includes weekly support meetings and free access to the hospital's fitness center/exercise classes.

Great Shape is for those with one or more underlying health concerns. Examples:

- elevated cholesterol or blood pressure
- diabetes
- has been advised by a doctor to lose weight
- inactive lifestyle
- poor nutritional habits
- has been unsuccessful in past weight loss efforts
- requires accountability to achieve successful healthy behavior change

 **Hendricks
Regional Health**

STORIES OF SUCCESS



I'm not an overnight success, or by any means, the "biggest loser." Through Great Shape, I have learned so much. I've made so many positive changes in the way that I live, feel, and look – inside and out. You're going to get so much out of this fabulous program. Drink it all in – there are no calories!

— Patti Carrington



Just a few months ago, excuses were so true for me. But after such a short time, I have a much different perspective. That's because of the support I get from my fellow Great Shapers and program leaders. It's not all about me anymore – we are doing this together.

— Melody Sears



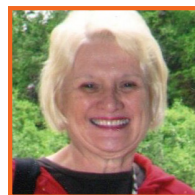
I will [continue to] do this. It is time to end the 30-year weight loss yo-yo I call life. Great Shape – thanks for helping me along my journey.

— Betsy Schuler



I'm about eight weeks into my quest for better health. I've had some success at losing weight. I feel better physically, my clothes fit better, and I can walk up a flight of stairs without needing an oxygen mask!

— Jesse Tucker



Great Shape has given me the education, resources and encouragement to live healthier. And it's contagious too! My husband lost 25 pounds and got his diabetes under control. I'm also a "fun" grandma! The blessings are endless!

— Vicki Wood

Want to encourage your team to make healthy changes?

Call (317) 718-4301 for Great Shape program costs or other information.