



What is InShape PPW?

- ❖ InShape Prevention Plus Wellness (PPW) is a single-session evidence-based program that prevents substance abuse and promotes physical activity, healthy nutrition, sleep and stress control among young adults.
- ❖ InShape PPW cues naturally motivating peer and desired future images of young adults engaged in wellness behaviors and links substance abuse as harming personal goals to achieve positive behaviors and identity.
- ❖ InShape PPW is a unique screening and brief intervention in which young adults learn to set and monitor goals to avoid substance abuse and increase health and fitness behaviors and improve self-regulation skills.

InShape PPW delays/reduces:

- Alcohol use & heavy use
- Marijuana use & heavy use
- Alcohol & drug problems
- Driving after drinking

InShape PPW promotes:

- Physical activities
- Healthy eating
- Getting adequate sleep
- Controlling stress
- Setting multiple health goals
- Positive self-identity
- Health-related quality of life



InShape Prevention Plus Wellness (PPW)

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InShape Prevention Plus Wellness (PPW)

*Preventing Substance Abuse
& Promoting Wellness
among Young Adults*



Protecting Young Adults from Multiple Health Risks

- Research indicates that most US youth and young adults experience multiple co-existing health risks and problems, like physical inactivity, unhealthy eating, lack of sleep, uncontrolled 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 adults.
- InShape PPW screens young adults for their current health habits, provides feedback and positive image messages, and helps them set multiple health behavior goals.

“We have been very pleased with the InShape Prevention Plus Wellness program...and we are excited for next year! I feel it is very important to reach this demographic of young adults and there are very few quality programs out there that address this age group.

That is why we are so pleased with InShape PPW, along with the fact that your customer service and relationship with the providers are excellent. I never hear from any of the other vendors that we purchase curriculums from, but I regularly communicate with you and it makes everything much smoother.”

Kristinia Love, Morgan County Substance Abuse Council (MCSAC), Martinsville, IN

“We are pleased with InShape Prevention Plus Wellness. Our young people love it. Excellent EBP.”

Dr. Elliott Butler, Morris Brown College, Atlanta, GA



Programs and Training

- ✚ **InShape PPW Program** includes a manual with scripts to provide an individual or group lesson, digital downloads with slides and reproducible program materials, optional web-resources and built-in pre-post program surveys.
- ✚ **Online and Onsite Training Workshops** allow professionals and youth leaders to quickly learn how to implement the program.
- ✚ **Other PPW Programs** include SPORT PPW (adolescents), SPORT 2 PPW (6-lessons), Vaping PPW and Marijuana PPW.