

GOING FORWARD, GETTING FIT

Written by [Vincent](#) on [April 18, 2017 \(Tuesday, April 18th, 2017, 7:45 pm\)](#)

Vincent has teamed up with Dr. Steve Bartels' group at Dartmouth College and the Massachusetts Mental Health Clinic for Fit Forward, a study examining how technology and various forms of support may help young adults get in shape, lose weight, and reduce their chance for heart disease. Obesity is common among people with psychiatric conditions, which puts them at higher risk for poor health outcomes and shortened life spans. Helping young adults make lifestyle changes may remedy this health disparity.

Participants will all be given Fitbits, lifestyle coaching, encouraging text messages, and goal-setting assistance. Half of the participants will also have group supports including workout sessions and a private Facebook group to share successes and challenges with trying to be fit. Researchers will do follow-ups to assess which group had better health outcomes.

"In addition to potentially helping participants be fit, the research team will learn how programs can better support healthy lifestyles," says Program Manager Stacy McHugh. "Our hope is that Fit Forward will help future programs be more successful in helping young adults live longer, healthier lives."

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