



Significant health changes can occur in as little as 30 days into the program, including improved:

- ✓ Blood pressure
- ✓ Cholesterol
- ✓ Triglycerides
- ✓ Fasting blood sugar
- ✓ BMI
- ✓ Sleep, resilience and depression

Merrill, R. M. and S. G. Aldana (2009). "Improving overall health status through the CHIP intervention." *Am J Health Behav* 33(2): 135-146.

Thieszen, C. L., R. M. Merrill, et al. (2011). "The Coronary Health Improvement Project (CHIP) for lowering weight and improving psychosocial health." *Psychol Rep* 109(1): 338-352.

Visit www.chiphealth.com for further information.

CHIP presenters

Dr Hans Diehl has a doctorate in Health Science and he presents the core science of lifestyle change with his trademark blend of humour and inspiration.

Dr Darren Morton, PhD, is an exercise physiologist with a passion for giving people the mindset and tools to become equipped to make lasting lifestyle changes. CHIP participants enjoy Darren's sense of fun, entertaining presentation style and those moments when he shares important insights.

Dr Andrea Avery, MD, is an internal medicine physician with over 25 years of clinical experience. Andrea speaks with the authority of being a professor of medicine at the University of California Irvine.



CHIP® offers:

- › A licensed and certified facilitator to deliver or manage the program
- › Access to a pre and post program blood tests and report card utilizing your own health care provider
- › Access to the CHIP program content
- › Cooking and food assembly demonstrations
- › Dynamic group discussions
- › Access to easy to follow basic fitness instruction
- › A CHIP 'toolkit' containing a workbook, reference text, cookbook, water bottle and pedometer



LIFESTYLE™
MEDICINE
INSTITUTE

PROVEN RESULTS *Priceless benefits*

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Prevent, arrest and even reverse chronic disease

COMPLETE HEALTH IMPROVEMENT PROGRAM



LIFESTYLE™
MEDICINE
INSTITUTE

PROVEN RESULTS *Priceless benefits*



Proven Results and Priceless Benefits of CHIP®

The Complete Health Improvement Program (CHIP) is a scientifically proven lifestyle education program that can help prevent, arrest and even reverse common risk factors for lifestyle diseases such as obesity, type II diabetes, cardiovascular disease and high blood pressure.

CHIP provides the information and motivation and group support over a three month period to help participants make positive lifestyle changes and empowers them to play a key role in their own

health and wellbeing. Numerous peer-reviewed scientific journals attest to the positive health benefits that can be experienced by CHIP participants within as little as 30 days. Join over 55,000 previous CHIP participants who have experienced the Optimal Lifestyle™.



Seminar Schedule January 25 – February 19, 2015

1st Comprehensive HealthScreen

Sunday, January 25, 2015 @ 7am

Jan 25 The Rise and Rise of Chronic Disease

Lifestyle is the Best Medicine

Jan 27 The Common Denominator of Chronic Disease

The Optimal Lifestyle

Jan 29 Eat More, Weigh Less

Feb 1 Fiber, Your New Best Friend

Feb 3 Disarming Diabetes

Feb 5 The Heart of the Matter – Heart Health

Feb 8 Controlling Blood Pressure and Discovering Protein

Feb 10 Bone Health Essentials

Feb 12 Cancer Prevention

Feb 15 Understanding Your Results and Taking Action

Feb 17 Become What You Believe and Your DNA is Not Your Destiny

Feb 19 Practicing Forgiveness

2nd Comprehensive HealthScreen

Sunday, February 22, 2015

CHIP Commencement:

Tuesday, February 24, 2015, 6:30-9:00 PM

Co-sponsored by:

Garden Grove SDA Church

Director: Dr. John Cole

27102 9th Street

Garden Grove, CA 92841

(714) 534-1987

(562) 799-3630

Free Information Sessions & Registration

Attend one of the following FREE 1-hour Information Sessions to learn more about CHIP, register for the program and schedule your comprehensive Health Screening:

Fellowship Hall (upstairs)

Garden Grove SDA Church

12702 9th Street

Garden Grove, CA

Sunday, January 18, 2015 @ 7pm

Wednesday, January 21, 2015 @ 7pm

Director: Dr. John Cole

For more information or to register

Call (714) 534-1987

Or

(562) 799-3630

