



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[®] video 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
- A pre and post health assessment for total cholesterol, LDL, HDL, triglycerides, fasting blood sugar, blood pressure and weight
- 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*

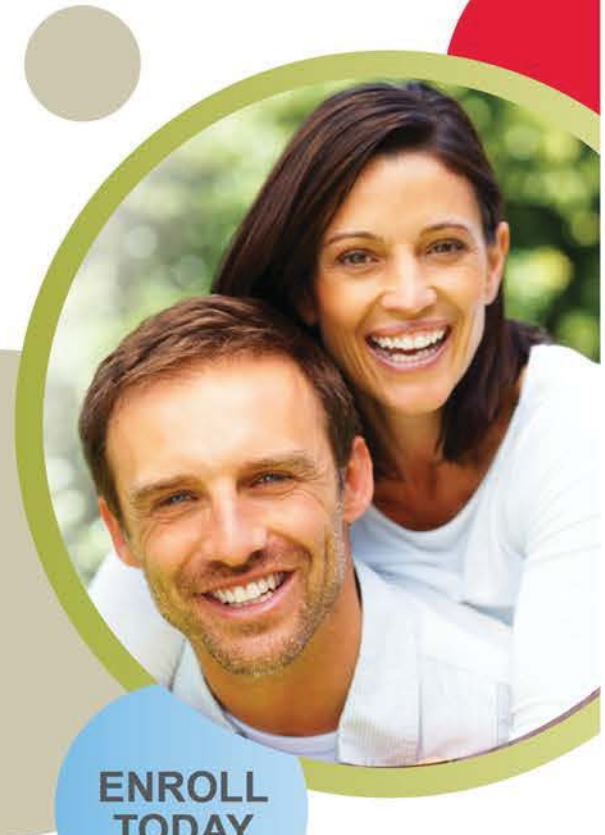
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COMPLETE HEALTH IMPROVEMENT PROGRAM



ENROLL TODAY



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™.



Class Topics

- The Rise and Rise of Chronic Disease
- Lifestyle is the Best Medicine
- The Common Denominator of Chronic Disease
- The Optimal Lifestyle
- Eat More, Weigh Less
- Fiber, Your New Best Friend
- Disarming Diabetes
- The Heart of the Matter – Heart Health
- Controlling Blood Pressure and Discovering Protein
- Bone Health Essentials
- Cancer Prevention
- Your DNA is Not Your Destiny
- Learning To Let Go
- Re-engineering Your Environment
- Stress-relieving Strategies
- Fix How You Feel
- From Surviving to Thriving
- Celebrating Your Success



For more information on the CHIP program go to
<http://www.thedacare.org/AtWork/Chip:News.aspx>
Or call 920.831.1905

Testimonials

"I attended the CHIP classes, made changes in my eating and adjusted my lifestyle. I feel better and I'm continuing to see results. I feel that if I can follow CHIP, my patients can too. It's one thing to give out information and expect people to make changes, but with CHIP, people share what they've done and we all understand each other's struggles."

John Barkmeier, MD

"This program has given me confidence. We are the architects of our own health and futures. I feel empowered, now believing that my lifestyle choices do make a difference in my health. Thank you for making this Program possible in our area."

LK ~ Fond du Lac

