



Dr Hans Diehl

Dr Andrea Avery

Dr Darren Morton

## CHIP® presenters

**Dr Hans Diehl**, DrHSc, 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.

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

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

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.

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Prevent, arrest and even reverse chronic disease  
**COMPLETE HEALTH IMPROVEMENT PROGRAM**



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**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 65,000 previous CHIP participants who have experienced the Optimal Lifestyle™.



### CHIP® offers:

- ✓ A licensed and certified facilitator to coach you in a group setting to better health
- ✓ Before and after clinical lifestyle evaluations that include the following tests: total cholesterol, LDL, HDL, triglycerides, glucose, blood pressure, and BMI
- ✓ **New** dynamic health & lifestyle program content (18 video sessions covering all the optimal lifestyle topics)
- ✓ Healthy recipes and food samples
- ✓ Dynamic group discussions
- ✓ Learn how to select wholesome foods in your grocery store
- ✓ Easy to follow basic fitness instruction
- ✓ A CHIP 'toolkit' containing a workbook, reference text, cookbook, water bottle and pedometer
- ✓ On-going support meetings to maintain your new lifestyle changes

**CHIP participants** consistently experience renewed health and decreased medical expenses.

**Scientific studies** have validated CHIP's success in reversing chronic disease.

Now you too can experience the proven results and priceless benefits of CHIP by registering today.

