

BE YOUR OWN BEST MEDICINE

Many health and weight-loss programs provide information in the hope that you change your habits. CHTP is different. CHTP will help you make long-lasting lifestyle changes by addressing the causes of chronic disease and teaching you to use your own lifestyle as your best medicine.

**SOME CHRONIC DISEASES ARE REVERSABLE.
MOST ARE PREVENTABLE.**

It is never too late to take your life back!

CHIP is one of the most scientifically validated lifestyle medicine programs in the world with PROVEN RESULTS in improving:

Blood pressure. Cholesterol. Triglycerides. Fasting blood sugar. BMI. Sleep. Resilience. Depression.

When does CHTP start next?

How do you find out more?

DATE	TIME

Visit:

www.chiphealth.com

To see testimonial videos, excerpts of the course material and find a program near you

Call:

For more information or to register



PROVEN RESULTS

Priceless benefits

- > Reverse chronic disease
- > Lose weight
- > Gain energy
- > Spend less on food and meds
- > Enjoy life again

These are just a few of the **priceless benefits** that thousands of people have already enjoyed with CHIP (Complete Health Improvement Program). **Live more!**



LIFESTYLE
MEDICINE
INSTITUTE



TURN
YOUR
HEALTH
AROUND

What is it?

- A Lifestyle Medicine Education Program.
- Focused on whole-person health.
- Facilitated over 18 Sessions (12 weeks) in a group environment with dynamic group discussions and peer support.
- Integrates optimal nutrition, exercise and behavioral psychology principles and tools.

What will you get?

- Pre and post health-risk assessment.
- Weekly local facilitated group tuition with material presented by world-leading experts.
- A set of e-books: Live More workbook, Learn More textbook, Eat More cookbook and Move More exercise book. (Classic book set also available as an option.)
- Cooking, food prep, exercise and online program content.



For over 30 years CHIP has been measurably changing lives by preventing, arresting and even REVERSING chronic disease.

How can it help?

By significantly reducing the: **Common risk factors for lifestyle diseases** (such as cardiovascular disease, type II diabetes, obesity, high blood pressure).

And by improving: health knowledge, energy, desire to exercise, resilience and life fulfilment.

SIGNIFICANT MEASURABLE CHANGES ARE CONSISTENTLY RECORDED IN AS LITTLE AS 30 DAYS.

CHIP Presenters

Behind CHIP are global experts on lifestyle medicine.

Meet a few of our expert video presenters:



Dr Hans Diehl
CHIP Founder and world authority on Lifestyle Medicine



Dr Darren Morton
Exercise Physiologist and Health Educator



Dr Andrea Avery
MD and Internal Medicine Physician with 25 years clinical experience

Pop Less Pills. Enjoy More Variety of Food.

WHAT WILL IT TAKE TO TURN YOUR HEALTH AROUND?

It took Mark:

- Decades of life wasted feeling tired and breathless
- One **quintuple** heart bypass
- ...Then came CHIP

Get Out More. Cry Less. Laugh More.

Feel More Energetic. **Live more**

Since completing CHIP, Mark has lost weight, gained lots of energy and says from the seat of his cycle,

"My Life is just beginning again".

CHIP has helped over 60,000 people like Mark gain priceless health benefits and **turn their health around.**

