

“Health is not everything,
but without it,
everything is nothing”

Dr. Hans Diehl

Dr Hans Diehl is the speaker in this dynamic, scientifically sound, and often humorous video lecture series. His pioneering work in lifestyle medicine includes directing research and education programs in the early days of the Pritikin Longevity Center in California.



Hans Diehl, Doctor of Health Science, Master of Public Health, Director of Lifestyle Medicine Institute, Loma Linda ,CA.

CHIP results have been reported in the following peer review journals:

- ♥ *The American Journal of Cardiology*, November 1998
- ♥ *Journal of the American Dietetic Association*, March 2005
- ♥ *Preventive Medicine*, April 2005
- ♥ *Journal of Occupational and Environmental Medicine*, June 2005

This lecture series is enriched by additional learning activities facilitated by trained, local leaders. CHIP creates a clear and compelling solution to the alarming personal and national health care crisis.

“Dr Diehl has brought a very powerful message...how to use diet and exercise to prevent the number one killer in our society”

William P. Castelli, MD, Framingham Heart Study, National Institutes of Health.

The Challenge: Motivating Good Health!

Bringing CHIP to your workplace, school or church couldn't be easier! Simply follow the steps below:

Step One

Contact the local CHIP Director

Step Two

Determine how many people you think will be interested in participating in the program.

Step Three

In conjunction with the local CHIP Director, schedule an information session.

Through out the entire process of hosting a CHIP program, the CHIP Director will be there to help with all aspects of implementation and participation.

For more information call:

Louise Venables, CHIP Director

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Coronary Health Improvement Project



**HEALTHY BY CHOICE
NOT BY CHANCE**

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CHIP is for those who want to feel younger and “Live with ALL their hearts” - longer and better!



Healthy Beginnings: A MICRO CHIP Program

- ♥ 8-Part DVD series for those who want to feel younger and “Live with ALL their hearts” - longer and better.
- ♥ Healthy Beginnings is our Micro CHIP program designed to help facilitate better health through simple lifestyle changes.
- ♥ Our goal is to **inspire a transformation of the community** into one that supports and encourages healthy lifestyle choices at home, workplace, schools & church.



*Eat to live,
not live to eat!*

Coronary Health Improvement Project DVD Program

It's never to late to take charge of your health!

The 40 hr (16 sessions) CHIP DVD Program shows you how to change the good life into the best life. Join thousands of CHIP graduates from around the world and discover...

What CHIP can do for you!

- ♥ Cholesterol levels drop an average of 10-20% and as much as 40%
- ♥ Weight loss averages 7 pounds in 30 days
- ♥ Diabetes and blood pressure medications are usually reduced or even eliminated
- ♥ Cancer risks are lowered
- ♥ Better sleep and higher energy levels are commonly reported.

CHIP is a 40 hr intensive, lifestyle intervention education program with more than 40,000 graduates. Endorsed by the Physicians Committee for Responsible Medicine (PCRM) and the Center for Science in the Public Interest (CSPI), the CHIP program focuses on developing a greater measure of intelligent self-care involving a clearer understanding of how our lifestyle relates to our common killer diseases.

Based on the findings of the U.S. Surgeon General that some 70% of our Western Diseases are largely lifestyle-related', the CHIP program aims at the prevention and reversal of these diseases by substantially reducing recognized risk factors. Its focus is on lowering the level of blood cholesterol, triglycerides, and blood sugar, by reducing excess weight, lowering high blood pressure, enhancing daily exercise, eliminating smoking, lifting depression and reducing medication requirements.

*Reversing disease with
fork and knife*

