

BE YOUR OWN BEST MEDICINE

Many health and weight-loss programmes provide information in the hope that you change your habits. CHIP is different. CHIP 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 REVERSIBLE,
MOST ARE PREVENTABLE.

It's never too late to take your life back!

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

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

Visit:

www.chiphealth.co.uk

To read testimonials, see excerpts of the course and understand the science

Find out how you can benefit:

Email: office@compasslifestylemedicine.org.uk



TURN
YOUR
HEALTH
AROUND

- > Help reverse chronic disease
- > Improve your mood and sleep
- > Reduce cholesterol levels
- > Improve blood pressure
- > Gain energy
- > Lose weight
- > Enjoy life again

www.chiphealth.co.uk

What is it?

- A lifestyle medicine solution
- Focused on whole-person health
- Integrates optimal nutrition, exercise and behavioural psychology principles and tools
- Can be delivered as an in-person class, online or a hybrid of online classes with in-person community support

CHIP options

HOME STUDY

360 health risk assessment

- Online questionnaire
- Bio marker improvement analytics* (body mass index, blood pressure, cholesterol, glucose and inflammation indicators)
- Detailed individual report
- Repeated after eight weeks to show improvements

*Via local GP surgery or medichecks.com

Access to CHIP interactive Hub

- 18 modules
- Online video learning journey
- Four digital workbooks
- Knowledge review and testing

Online support

HOME STUDY *plus* VIRTUAL COACHING

- Weekly webinars for ten weeks
- With healthcare professionals and lifestyle medicine coaches

HOME STUDY *plus* GROUP SUPPORT

- Ten week course with CHIP practitioner
- Peer support



The Complete Health Improvement Programme (CHIP) is a lifestyle medicine solution designed to prevent, arrest and reverse chronic disease.

Evidence CHIP works

- On average, CHIP participants at highest risk experienced outcomes after 30 days
- Decreased blood pressure
 - Decreased body fat
 - Reduced stress levels
 - Better ability to deal with stress
 - Positive changes in energy, mood, sleep, resilience, libido and digestion

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.
Get Out More. Cry Less. Laugh More.
Feel More Energetic. Live More.

TURN YOUR LIFE AROUND

FOR OVER 30 YEARS, CHIP HAS IMPACTED OVER 80,000 PARTICIPANTS AND PUBLISHED OVER 30 SCIENTIFIC PAPERS