



LIFESTYLE™
MEDICINE
INSTITUTE



The next CHIP starts
January 9th

Details on
back page.

Reversal of Chronic Disease?

We can do more than “manage” and hope for the best

The **Complete Health Improvement Program** (CHIP) is a research tested lifestyle medicine intervention education program, designed to prevent, arrest and reverse chronic disease. Founded in the United States in 1998, CHIP has impacted over 60,000 participants and generated 20+ published scientific papers. CHIP is a community based intervention program that uses behavioral change principles in a group setting, education in an entertaining style and modern adult learning tools to help participants make radical lifestyle changes that are proven to lower key risk factors in as little as 30 days. CHIP is a powerful disease reversal tool for health practitioners, community organizations and work places, to address the rising chronic disease rates in highly effective manner.

How CHIP works

- CHIP occurs in the group setting, using behavior change and self-discovery learning tools
- Participants form new habits and make better choices based on increased knowledge, skills and encouragement. Participants achieve lasting change by applying new learning in the “real life” environments of homes, workplaces, and communities
- CHIP surrounds people with a support group to coach, challenge and to hold them accountable
- CHIP is designed to encourage participant self-management, teaching them to take control of their own health through making wiser choices



CHIP does not just focus on the way people eat and the way people move, but takes a whole-of-life perspective including stress management, sleep, self-worth, emotional wellbeing and happiness.

Health Risk Assessments & blood tests

The Health Risk Assessment includes height, weight, blood pressure, a medical and health history, a health behaviors assessment, and various psychosocial measures.

The blood analysis includes the standard lipid profile (triglycerides, total cholesterol, LDL, HDL, and the ratios) as well as fasting plasma glucose.

This serves several vital functions:

- Establishment of baselines
- Ability to track biometric changes
- Motivation through the provision of accountability measures
- Capture of scientifically validated data to support the continued research effort

What CHIP participants get

Interactive multimedia presentations – scientific, informative, entertaining

CHIP offers highly professional, up to date and exceptionally well presented lifestyle topics from leaders in the field of lifestyle medicine.

The kit – learn & engage

This includes:

1. The LEARN MORE textbook – additional information about topics covered in class, presented beautifully, in easy to understand language
2. The EAT MORE cook book – Excellent tool for starting to experiment in the kitchen. Easy recipes that are delicious!
3. The LIVE MORE workbook – To encourage engagement with the program content
4. The WALK MORE Pedometer
5. The DRINK MORE water bottle

Flexible delivery!

CHIP consists of 18 sessions, each containing 25-45 minutes of filmed content, that are typically delivered over a 6 to 12 week period. Facilitators on-site are responsible for group activities.

Visit www.chiphealth.com or www.vimeo.com/chiphealth to view program content samples!





The group activities – reflect, apply, share!

The audiovisual content is complemented by 25 to 45 minutes of facilitated group discussion, interaction and practical learning application, for a total session length of 60 to 90 minutes. This allows participants to discuss the new information, apply what they have learnt, challenge themselves and share their learnings and experiences with their fellow participants and their families and friends.

Participants...

- Walk away with new information
 - Apply what they have learnt with a take – home challenge
 - Get to think and reflect on how the challenge went, and
- Are encouraged to share what they have learnt and are experiencing with others from their circle of influence. Indeed, one of the best ways to learn something is to teach it.

Other components & resources:

Food samples and demonstrations, a JumpStart challenge and optional activities and resource tools (filmed shopping tour, exercise and stretching programs, etc.).

Check out more resources including testimonials from past participants, exercise and stretching videos, a shopping tour, and more. Please visit www.vimeo.com/chiphealth

CHIP key statistics

Key statistics:

On average, those at highest risk after 30 days...

- 3.2% ↓ ~ BMI
- 19.8% ↓ ~ total cholesterol (initial >280mg/dl)
- 16.1% ↓ ~ LDL cholesterol (initial > 190mg/dl)
- 44.1% ↓ ~ triglycerides (initial > 500mg/dl)
- 19.9% ↓ ~ fasting plasma glucose (> 125mg/dl)
- 10.4% ↓ participants with metabolic syndrome

Rankin, P., Morton, D.P. et al. (2012). "Effectiveness of a volunteer-delivered lifestyle modification program for reducing cardiovascular disease risk factors."

Am J Cardiol 109(1): 82-86.

Other typical outcomes:

- Decreased blood pressure
- Decreased body fat
- Reduced stress levels and a better ability to deal with stress
- Positive changes in energy, mood, sleep, resilience, libido and digestion

An endorsement from the "American College of Lifestyle Medicine"

"...clinical results of a large 5,070 free-living cohort in North America yielding some of the most impressive recorded clinical changes ever in the literature."

www.lifestylemedicine.org/ACLM-News, accessed 26 March 2012

Details about “CHIP 10”, January 9 - March 15, 2018 (or March 22nd to allow for snow days)

PLACE: CHIP 10 will be offered at MAHEC Mary C. Nesbitt Biltmore Campus in Asheville, North Carolina.

DATES: January 9th - March 15th or 22nd, 2018, to allow for snow days
Sessions will take place every Tuesday and Thursday from 6:00 to 7:30pm.

FACULTY: CHIP 10 will be led by Brian Asbill, MD of Asheville Cardiology Associates; Grace Boyle, RN; Laura Bradshaw, RN; and Charley Messenger, PA-C.

FEE: The fee for CHIP 10 is \$599 and covers all labs and biometrics, the CHIP kit, all educational sessions, food tastings and demos.

Program Schedule

Event	Date	Time
Class 1 - The Rise and Rise of Chronic Disease	Tue, Jan 09	06:00 PM
Class 2 - Lifestyle is the Best Medicine	Thu, Jan 11	06:00 PM
Class 3 - The Common Denominator of Chronic Disease	Tue, Jan 16	06:00 PM
Class 4 - Optimal Lifestyle	Thu, Jan 18	06:00 PM
Class 5 - Eat More, Weigh Less	Tue, Jan 23	06:00 PM
Class 6 - Fiber, Your New Best Friend	Thu, Jan 25	06:00 PM
Class 7 - Disarming Diabetes	Tue, Jan 30	06:00 PM
Class 8 - The Heart of the Matter—Heart Healthy	Thu, Feb 01	06:00 PM
Class 9 - Controlling Blood Pressure and Discovering Protein	Tue, Feb 06	06:00 PM
Class 10 - Bone Health Essentials	Thu, Feb 08	06:00 PM
Class 11 - Cancer Prevention	Tue, Feb 13	06:00 PM
Class 12 - Understanding Your Results and Taking Action	Thu, Feb 15	06:00 PM
Class 13 - Become What You Believe and Your DNA is Not Your Destiny	Tue, Feb 20	06:00 PM
Class 14 - Practicing Forgiveness	Thu, Feb 22	06:00 PM
Class 15 - Re-engineering Your Environment	Tue, Feb 27	06:00 PM
Class 16 - Stress-relieving Strategies	Thu, Mar 01	06:00 PM
Class 17 - Fix How You Feel	Tue, Mar 06	06:00 PM
Class 18 - From Surviving to Thriving	Thu, Mar 08	06:00 PM
Graduation - Commencement Ceremony	Thu, Mar 22	06:00 PM

You can email the MAHEC program planners with further questions:
ronnie.metcalf@mahec.net
rhonda.egerton@mahec.net

PROVEN RESULTS™

Priceless benefits



www.mahec.net/CHIP





“CHIP 10” January 9 - March 15 or 22*, 2018

*to allow for snow days

Registration Form

PROVEN RESULTS™
Priceless benefits



REGISTRATION:

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.

Have a question?

CE Planners:

Rhonda Egerton, PTA
rhonda.egerton@mahec.net

Ronnie Metcalf, EdD, RN, ONC
ronnie.metcalf@mahec.net

Registration Information:

Fax Registration:

Online Registration:

Email:

Mail: MAHEC Registration

121 Hendersonville Rd., Asheville, NC 28803



Special Services:
828-257-4468

828-257-2984

828-257-4478

828-257-4475

828-257-4768

www.mahec.net

registration@mahec.net

Updated contact info

Name _____

Credentials _____

Social Security #XXX-XX-____ (last 4 digits required)

Occupation _____

E-mail Address _____

Home Address _____

City _____ State _____ Zip _____

Home County _____

Home # _____ Work # _____

Employer _____

Department _____

Employer's Address _____

City _____ State _____ Zip _____

Work County _____

Program announcements will be sent to your email unless you opt out from receiving emails from MAHEC. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

FEE: \$599 per person

Please choose a time for lab tests (SELECT ONE):

January 10: 7:30am

January 12: 7:30am

January 10: 8:00am

January 12: 8:00am

January 10: 8:30am

January 12: 8:30am

PAYMENT

Full payment must accompany all registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed (*made payable to MAHEC*) Credit card info provided

Visa Mastercard Discover Card American Express

Account # _____

Exp _____ / _____ Code on back of card _____

Name on Card _____

Signature _____

Send completed registration form to:

MAHEC Registration

121 Hendersonville Rd., Asheville, NC 28803

Fax to 828-257-4768

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