

BE YOUR OWN BEST MEDICINE

1. *Acquire the knowledge*
2. *Change your lifestyle*
3. *Experience the benefits*



Carla LaPrade
Founder
Take Pause Wellness, LLC
Licensed CHIP Facilitator

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.*

Merrill, R. M. and S. G. Aldana (2009).
Am J Health Behav 33(2): 135-146.
Thieszen, C. L., R. M. Merrill, et al.
(2011). Psychol Rep 109(1): 338-352.



Take Pause Wellness, LLC

Visit:
Takepausewellnessllc.com

Call:
203-214-4057



**LIFESTYLE
MEDICINE
INSTITUTE**

TURN
YOUR
HEALTH
AROUND



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



Take Pause Wellness, LLC

What is it?

- A Lifestyle Medicine Solution.
- Focused on whole-person health.
- Facilitated over 12-18 Sessions (30-90 days) in a group environment with dynamic group discussions and peer support.
- Integrates optimal nutrition, exercise and behavioral psychology principles and tools.
- Can be delivered as an in-person class, online or a hybrid of online classes with in-person community support.

What will you get?

- Pre and post health-risk assessment.
- Weekly facilitated group sessions.
- A comprehensive toolkit containing a Live More work book, Learn More text book, Eat More cook book and Move More exercise book.
- Help with cooking, food prep, exercise and online program content.



The Complete Health Improvement Program (CHIP) is a lifestyle medicine solution designed to prevent, arrest and reverse chronic disease. Over 30 years, CHIP has impacted over 80,000 participants and published over 30 scientific publications.

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

