

# Video-CHIP

## Lecture Topics

### WEEK 1

1. Modern Medicine: Miracles, Medicines, Money & Mirages
2. Portrait of a Killer
3. Stalking the Killer
4. Eat More, Weigh Less



### WEEK 2

5. Going Up in Smoke  
The Magic of Fiber
6. Disarming Diabetes  
Reversing Hypertension
7. Effective Cholesterol Control
8. Fats in the Fire

### WEEK 3

9. Fit at Any Age
10. Boning Up on Osteoporosis
11. Lifestyle Health & Disease Reversal
12. The Optimal Diet

### WEEK 4

13. Diet and Cancer
14. Adaptability
15. The Gift of Forgiveness
16. Building Self-Worth

**Coronary Health  
Improvement Project**

# Adventist CHIP Association

*Equipping Churches  
for Effective Health Ministry*

### The Association

The Adventist CHIP Association was formed for the purpose of equipping Seventh-day Adventist churches to bring CHIP health ministry to their congregations and communities. It is a non-profit, grassroots, and volunteer-driven organization. As an ASI member and approved by the North American Division Health Ministries Department, the Association:

- Trains leadership teams
- Supports on-going programs
- Develops program materials

Hundreds of churches in North America are approved to offer this life-changing program. CHIP unclogs arteries and opens hearts to the good news about the Author of health and healing.

### Our Mission

To provide a church-sponsored, scientifically sound, community health program that will:

- Bring healing to the whole person
- Create lasting friendships for the church
- Stimulate interest in God's plan for health

### Contact Information

Call or e-mail to receive a free DVD and instruction on how to bring this life-changing ministry to your church and community.

## Adventist CHIP Association

**866-732-2447**

[www.adventistCHIP.org](http://www.adventistCHIP.org) • [Info@adventistCHIP.org](mailto:Info@adventistCHIP.org)

The Adventist CHIP Association is a supportive and independent ministry of the Church, but not affiliated with or endorsed by the General Conference of Seventh-day Adventists®. All content and opinions are solely those of the Association and not those of the General Conference.

The Adventist CHIP Association is licensed and approved by Lifestyle Medicine Institute as a provider of the CHIP program. For further information regarding licensure for other entities, see [www.CHIPhealth.org](http://www.CHIPhealth.org) or call 909-796-7676.

# CONSIDER



Coronary  
Health  
Improvement  
Project

FOR  
YOUR  
CHURCH

### ADDRESSING:

- Diabetes
- Overweight
- High Blood Pressure
- Heart Disease
- Elevated Cholesterol



# CHIP Changes People!

CHIP, the Coronary Health Improvement Project, is bringing a powerful, life-changing experience to scores of communities across North America. This video-based program, conducted by Seventh-day Adventist Churches, addresses the lifestyle diseases of the 21<sup>st</sup> Century: Obesity, Diabetes, Hypertension, Heart Disease, Stroke and Osteoporosis.

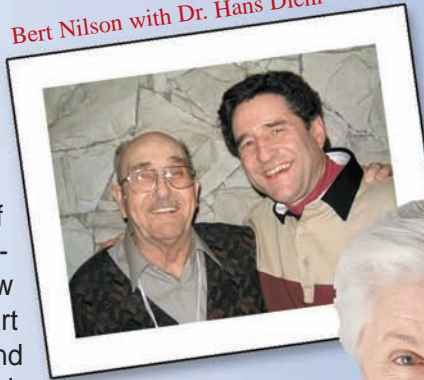
The new Cliff Doak with his old trousers.



Here is what people are saying about CHIP:

- There is no smile like a CHIP Smile! Bert Nilson, (standing with Hans Diehl) a graduate of the Chetwynd CHIP program in BC, got a new lease on life after 16 heart attacks, a stroke or two and a quadruple bypass. Gone is the tank of oxygen and his daily medications have dropped from 28 to only two! CHIP-hip-hooray!
- "I'm not the man I used to be!" says Cliff Doak of the Chilliwack CHIP program in BC. Cliff shed pounds while gaining a brand new zest for living!

Bert Nilson with Dr. Hans Diehl



- Overheard in a doctor's office: "Isn't it wonderful what the CHIP program is doing for our community!"

—Brewster, Washington

- "The Seventh-day Adventist Church has given us a beautiful model of servanthood here in our community."

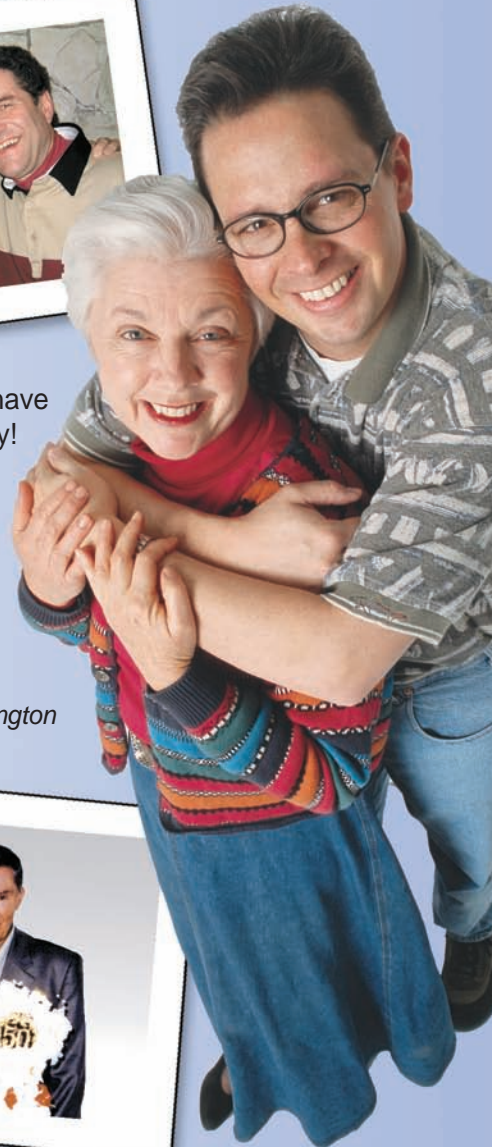
—Lay pastor of the Community Christian Church Lumby, BC

- "In 1990 I was on 27 pills a day and my physician told me I had about six months to live. Thanks to CHIP, I've lost 30 pounds, take only 5 pills a day, and 13 years later we celebrated our 50th wedding anniversary."

—Connie Thebarga, Ottawa



Connie and Keith celebrate their 50th



## CHIP Program Overview . . .

- **Free Information Sessions**  
An opportunity to explain the program, answer questions, register people and sign up for HealthScreen #1.
- **HeartScreen #1 (Pre-Test)**  
Includes a review of medications, fasting lipid profile and blood sugar, lifestyle assessment, height, weight, blood pressure, ideal weight and a heart healthy breakfast.
- **16 DVD-CHIP Lectures**  
Classes meet four days a week for four weeks. Hans Diehl, DrHSc, MPH, FACN, is the dynamic lecturer in this compelling DVD series complete with superb graphics, illustrations, and humorous stories. Local presentations provide for live interaction, heart-healthy recipe samples, and lots of fun. Participants receive a textbook, workbook, notebook, CHIP bag and water bottle.
- **Applied Nutrition Workshop and Shopping Tour (optional):**  
Teaches valuable grocery shopping and cooking skills.
- **HeartScreen #2 (Post-Test)**  
Measures the changes in lifestyle, clinical outcomes, and medications over the 30-day period.
- **Graduation**  
A celebration of progress with a special meal, diploma, CHIP pin and kitchen knife.
- **Alumni Organization**  
Meets on a regular basis for learning, inspiration and encouragement.

