

Complete Health Improvement Program (CHIP)

Program Outline

- Nine-week program, meeting twice a week (18 sessions).
- Participants will undergo a biometric screening at the beginning of the program to measure baseline and repeated at the end of the program. Results can be quantified, and participants will be motivated to continue to experience the improvements they have achieved.
- Participants will have an interactive health assessment that provides continuous feedback on health age, disease risk factors that can be modified and the subsequent effects, and other relevant factors.
- Audiovisual content will be complemented by 25-45 minutes of facilitated group discussion, interaction, and practical learning application (e.g., healthy cooking recipe contest).
- Total session length is 60 to 90 minutes.
- Participants will be provided a textbook, workbook/journal, cookbook, pedometer, and water bottle.
- Food samples and cooking demonstrations will be provided.
- Exercise component, and optional activities, like a walking club, will be discussed.