



CHIP is designed to reduce disease risk factors by educating, motivating, and empowering its participants to choose evidence-based health habits and achieve long-term lifestyle changes. The nine-week program will meet virtually twice a week! Are you ready to change your lifestyle?



To begin your CHIP journey this December, or for more information, please email karen.cespedes@jhsmiami.org

Six pillars of CHIP



Activity



Nutrition



Sleep



Risky Substances



Social
Connection



Stress
Management

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.