

# 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](http://Takepausewellnessllc.com)

**Call:**  
203-214-4057



LIFESTYLE  
MEDICINE  
INSTITUTE



- > 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

