

# CHIP Sessions Overview



LIFESTYLE  
MEDICINE  
INSTITUTE

## **Session 1: The Rise and Rise of Chronic Disease**

Your CHIP journey begins with startling insights into our changing health care needs through history. We are now faced with a steadily rising tide of chronic diseases that are placing a crippling burden on our health, our health care system and our economy.

## **Session 2: Lifestyle is the Best Medicine**

Learn about a new paradigm in health care called Lifestyle Medicine, where patients work in partnership with their health care professionals to take an active role in maintaining their health and - in some cases - even reversing disease.

## **Session 3: The Common Denominator of Chronic Disease**

Did you know that there are a few key bodily processes that, if damaged or harmed can lead to not just one health issue, but a whole range of chronic diseases? Learn about this common denominator for chronic disease and what you can do to avoid it.

## **Session 4: The Optimal Lifestyle**

CHIP is not simply a diet and exercise plan, it's about moving towards an optimal lifestyle, one that promotes health and discourages disease. In this session participants learn about the key components of an optimal lifestyle and how to start putting them into action in their day to day lives.

## **Session 5: Eat More, Weigh Less**

Many weight loss diets promote restrictive eating and counting calories. Such plans can be difficult to follow and leave you feeling hungry, not a formula for long term success. In this session, CHIP shows you the secrets of eating well and feeling satisfied.

## **Session 6: Fiber, Your New Best Friend**

Fiber is an amazing component of food and getting enough fiber is a key part of healthy eating. Learn how fiber is protective against a range of chronic diseases, how much you should be aiming for daily and where to find it.

## **Session 7: Disarming Diabetes**

From countries like the US and Australia to India and China, type 2 diabetes is a rapidly growing problem, not just because of how it effects an individual's quality of life, but because it also puts an enormous financial strain on already struggling health care systems. In this session, participants learn about the history of research into type 2 diabetes and what modern science shows we can do ourselves to help avoid, as well as manage and reverse the symptoms of, this debilitating chronic disease.

## **Session 8: The Heart of the Matter, Heart Health**

Our hearts are amazing organs that will give us many years of faithful service if we take good care of them. A healthy circulatory system plays a huge role in maintaining optimal health, as Dr Diehl says "You're only as young as your arteries!" In this session participants learn the keys to maintaining optimal circulation and how to take care for their heart, so it can take care of them.

## **Session 9: Controlling Blood Pressure and Discovering Protein**

A whole plant food diet is low in the things implicated in high blood pressure, which is great news. However some people also worry that it is low in important nutrients, such as protein. In this session participants get to learn some surprising and reassuring facts about plant based diets and protein.



### **Session 10: Bone Health Essentials**

Bone health plays such an important role in our quality of life as we age. Healthy bones help us to stay mobile and active, living life to the fullest. In Bone Health Essentials Professor Esther Chang leads participants through the key building blocks of bone health, showing how lifestyle plays a significant role in helping us to maintain strong, healthy bones.

### **Session 11: Cancer Prevention**

You might be surprised to learn that research into cancer prevention has shown there are some remarkably simple things we can do day to day that can reduce our risk of developing certain types of cancer. In this session, participants are guided through the choices we make every day that can help reduce our risks.

### **Session 12: Understanding Your Results and Taking Action**

Following the return of the participants' second blood results and health risk assessment, Dr Andrea Avery guides participants through what any changes or lack of change may mean for them. Dr Darren Morton then shares the CHIP stories of some remarkable participants who took action and found success through their own unique journey.

### **Session 13: Become What You Believe and Your DNA Is Not Your Destiny**

Positive lifestyle change isn't just about eating better and moving more, true change needs to come from belief. In this session, Dr Darren Morton leads participants through the science behind behavior change and the strong impact our beliefs can have on our behaviors - in both a positive and negative sense. Dr John Kelly then goes on to explain cutting edge research showing how we have more influence over our genes - and how they affect our health - than we might think.

### **Session 14: Practicing Forgiveness**

Did you know that your ability to move on from past hurts - to forgive - has been scientifically proven to have amazing benefits to not just our mental health, but also our physical health? Dr Dick Tibbits explains the physiology of how forgiveness can bring benefits to our minds and bodies.

### **Session 15: Re-engineering Your Environment**

Even the staunchest of wills can be tested by a negative environment. Here Dr Darren Morton shows us the secret to changing healthy behaviors into healthy habits and leads participants through a practical, hands-on session of how we can reengineer our everyday environments to promote healthy behaviors.

### **Session 16: Stress-relieving Strategies**

Like most things worth doing, lifestyle change isn't easy. It can be hard to break old habits and easy to fall back into them when things get tough. Stress relieving strategies are the secret weapon of any good CHIP participant, helping participants to work through the difficult times in a positive way and empowering them in all aspects of life.

### **Session 17: Fix How You Feel**

Dr Darren Morton shares his 5 tips for feeling fantastic, showing us the science behind how what we surround ourselves with, how we move and how we think can all have significant effects on whether or not we get the most out of life. At this point, once CHIP participants have had a good chance to implement nutrition and activity principles, Dr Morton challenges participants to look to all areas of their life, to strive for more.

### **Session 18: From Surviving to Thriving**

Would you like to just survive or would you like to thrive? The answer might seem obvious, but getting from just surviving to truly thriving can be a little more complicated. In this session, participants are lead through what it truly means to thrive and given some practical tools to help them get the most out of life by living an optimal lifestyle.