



The myhealthcheckup Healthy Weight Program

*The key to long-term weight loss success is our emphasis on behaviour change.
Learn how to break your bad habits and adopt healthy new ones!*

The 12-Week Healthy Weight Program includes:



- 10 weekly psychology lectures focusing on behaviour change
- 2 nutrition lectures on healthy eating
- Access to the myhealthcheckup website providing state-of-the-art digital tools
- Weekly weigh-ins with your health coach
- Four meetings with a kinesiologist (one 30-min private consultation & three supervised exercise sessions)



Why not join with a friend!

Space is limited, sign up now.

Email: CHIP@cvage.ca

Phone: 514-489-6630

The next group starts soon!

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\$275 + tax (includes pedometer)

Magician Jay Olson
*Deceive your mind
into better health.*



myhealthcheckup