



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)



Join with a friend!
Space is limited, sign up now!

**The next group starts
Septembre 26th 2017
Tuesdays 5:30 to 6:30PM**

**\$275 + tax
(includes pedometer)**

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