

CHIP offers comprehensive prevention and rehabilitation programs that combine personalized exercise programs as well as nutrition and lifestyle education to help you improve your overall health while reducing the risk of future diseases.

Every CHIP program begins with a Cardiovascular Health Assessment that includes:

- A consultation with a CHIP specialist physician
- An exercise stress test
- A computerized risk profile using the most up to date statistical data.

Cardiac and Diabetes Prevention and Rehabilitation

It takes a serious commitment, and a good measure of support, to reduce your risk of cardiovascular disease, or diabetes, or to recover from a heart attack, heart surgery, or a stroke. Successfully controlling risk factors such as diabetes, obesity or smoking also requires a dedicated, multidisciplinary team of professionals.

CHIP can help you achieve your wellness goals. Your program might include three to six months of supervised exercise at our facility, a



home exercise program and/or private exercise training.

As your overall level of fitness improves, so will your ability to perform everyday activities, and the confidence to exercise safely and effectively on your own.

Cancer Survivor Exercise Programs

Good physical and mental health will help with your recovery from cancer treatments over the short term and allow you to reach your full health potential for the long-term. This unique personalized program will give you a chance to experience how supervised exercise and education can help you feel better, reduce fatigue and improve your quality of life.

“I feel a lot better, I can do a lot more, and I have a better outlook on life. I’m no longer afraid of dropping dead at any moment.”



Stop Smoking PLUS

Quitting smoking can be a difficult task. At CHIP, we combine the most effective smoking cessation strategies with exercise to reduce the anxiety and the weight gain associated with nicotine withdrawal and improve your chances of success.

Nutrition Programs

Balanced nutrition is the key to the prevention and treatment of cardiovascular disease, diabetes, and obesity. Your personalized CHIP dietary program will focus on both the short-term success and

“I feel very good. Having someone there all the time was a great, great help.”



long-term feasibility of your new eating plan.

Psychosocial Programs

CHIP offers a range of individual and group support sessions as well as stress management programs which can help you adopt healthy attitudes and coping skills to ease your distress and improve your rehabilitation process.

Get on track to better health today
with the McGill Comprehensive Health Improvement Program (CHIP)

- * Do you have heart disease or diabetes?
- * Are you at risk for heart disease, stroke or diabetes?
- * Are you a cancer survivor?



CHIP provides you with the support of a dedicated team of health professionals as you set out on the road towards the prevention or treatment of cardiovascular disease, diabetes, obesity and cancer. A “state of the art” smoking cessation program is also available.

CHIP

www.chiprehab.com
(514) 489-6630

Ben Weider YM-YWHA
5400 Westbury Ave, Montreal
(corner of Côte St. Catherine road)

It begins with one small step – your call to make an appointment. A CHIP specialist will meet with you to determine what your needs are and design an individualized program just for you. The CHIP team will be there to support you as you begin making the personal changes that will contribute to lifelong heart-healthy habits.

To learn more about CHIP visit us at www.chiprehab.com or call (514) 489-6630.

Your insurance policy may cover part or all of the program that suits you. Financial assistance may be available.

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CHIP is a not-for-profit organization staffed by health professionals from the McGill University Health Centre (MUHC), the Jewish General Hospital, St Mary’s Hospital Center and the Montreal Children’s Hospital.