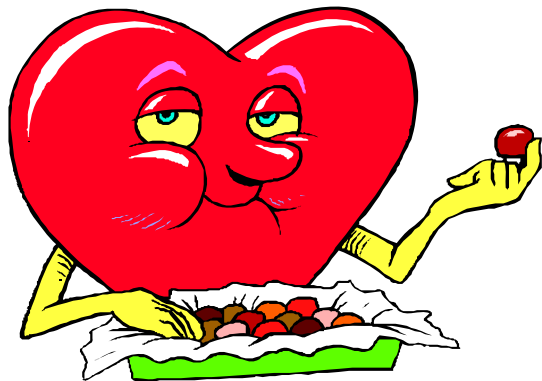


**Tips for Maintaining Health Improvements**

- Identify helpful local support
- Track eating and activity habits
- Set realistic small goals that are achievable
- Keep a positive outlook and a sense of humour
- Use team members, family and friends to help 'stay on track'



**Programme Requirements**

- Aged 18-65 and Body Mass Index (BMI)  $\geq 28$
- Commitment to attend group meetings and weigh-ins
- Completion of two health assessments
- Happy to work in small teams

**Workshop Formats**

- Friendly informal workshops
- Practical food and activity handouts and information provided
- Teams complete workshop activities (i.e. health quiz, bring in food labels)
- Meet local dietitians and exercise and fitness instructors and leaders

If you would like to participate in this unique programme, please ask your GP or Nurse if they would complete a ProHealthChip Patient Referral Criteria Checklist. If the programme dates are inconvenient for you, please ask if you could be added to the patient list to receive early details of future programme dates.

# ProHealth CHIP Community Health Improvement Programme



## *A Fun Way to Gain Health and Lose Weight*

September – December 2008 evening group meeting dates are not confirmed yet. But the programme will be in the St Neots Area. If you are referred to the programme all the details will be sent to you before the course commences.

If you have any questions, please contact Veronica Martin, ProHealthCHIP Coordinator on 01480 418660 [vmartin@nhs.net](mailto:vmartin@nhs.net)

# The ProHealth **CHIP** Programme

A unique 12 week community-based health improvement programme to help patients increase their activity, modify their eating habits and reduce their health risks.

For patients (aged 18-65 with a BMI  $\geq 28$ ) looking to:-

- ☞ *reduce blood pressure*
- ☞ *increase activity*
- ☞ *understand healthy eating*
- ☞ *reduce waist size*
- ☞ *lose weight*

Small teams of 5-6 people will work together to have fun and score team points while getting healthier!!

You can form a small team with family and friends that are patients in the local GP Practices – or come along and be assigned to a team.

All participants will need to have their GP Practice complete a Patient Referral Criteria Checklist.

Eligible patients will be asked to **schedule a CHIP health assessment** (blood pressure, weight, waist circumference, resting heart rate) prior to starting the programme and again prior to the last workshop. Participating patients will also be asked to **complete and return** a 2 page **questionnaire** prior to the deadline on the questionnaire.

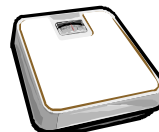
This programme is for anyone ready to make some lifestyle changes for a healthier future. Helpful local information and support will be provided. Registration details are on the back of this leaflet.

## Areas covered will include:-



### **Health benefits associated with modest lifestyle changes**

- Discover lifestyle habits
- Identify health benefits of small changes to your eating, drinking and activity
- Track health changes during the 12 week programme
- Receive individually calculated BMI, energy requirements and 5% weight loss goals



### **Practical Activity Changes**

- Hear activity and exercise guidelines for a healthier future
- Discover locally available exercise activities and programmes
- Identify a partner for swimming, walking or joining an exercise class



### **Healthy Eating Options**

- Collect healthy meal ideas and recipes
- Bring and compare food labels
- Identify foods that help lower blood pressure and cholesterol
- Unscramble food portions
- Receive quick meal and snack ideas



### **Collect Team Points by:-**

- Attending group workshops
- Drinking 1 litre of water daily
- Increasing activity by an average of 30 minutes per day
- Eating at least 5 fruit and vegetables daily
- Completing workshop activities

