



The Associates' Press

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Rockford
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CORONARY HEALTH IMPROVEMENT PROJECT (CHIP)

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Vice President, Administration



CHIPS Program Facilitator, Peter Vedro, gives Associates healthy instructions on their new lifestyle.

The CHIP (Coronary Health Improvement Project) pilot team is on its way to better health. The CHIP group of 35 Associates and spouses have traveled through five weeks of training, education, and lifestyle changes in their journey to better health.

We have had Associates "lose over 20 pounds" and "drop blood sugar counts from over 500 to less than 200". The other positive outcome has been the creation of a highly motivated support group. All of CHIP program participants have provided moral support and encouragement to their fellow classmates. Additionally, a number of Associates are making the "lifestyle change journey" with their spouses. The CHIP Program strongly encourages this concept to provide a complete home CHIP support environment.

We will be forming another "Chipper" group after October. If you are interested, please submit your name and, if applicable, your spouse's name also to *Jerry Norquist*.