



# Programme d'amélioration de la santé cardiovasculaire McGill McGill Cardiovascular Health Improvement Program

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February 1, 2010

Re: **CHIP for Teens 2010**

The **McGill Cardiovascular Health Improvement Program (CHIP)** is pleased to announce that we will be offering the **CHIP for Teens** program again this summer. This unique summer program targets overweight teenagers at risk of developing heart disease and diabetes. The **CHIP for Teens** program is designed to improve the overall health and lifestyle habits of teenagers through a combination of educational and physical activities.

During the summer of 2009, the **CHIP for Teens** program subsidised 30 teenagers who took part in a 9-week summer program. The results were very encouraging! Most teenagers increased their exercise/fitness capacity and improved in one or more areas including weight loss, reduced girth measurements, and cholesterol measures. Throughout the fall and winter, we have continued to meet with the teens to track their progress and will be re-testing them in June.

In November, 2009, **CHIP** held its' 6<sup>th</sup> fundraising **SPINATHON** event and raised \$70,000 for this program. This will allow us to subsidise the \$2,000 program cost so that each teenager who wishes to participate would only have to pay \$500 for the 9-week summer program. Please find attached a brochure describing the details of the program.

Our comprehensive team of physicians, dieticians, psychologists and exercise physiologists will work with the teenagers throughout the summer program in order to help them: 1) achieve a healthy weight; 2) incorporate physical activity into daily living; 3) improve body image; 4) increase self esteem; 5) increase fitness and energy levels; and 6) make healthier food choices. By offering this program, we will be able to raise their awareness and encourage them to take an active role in their health in a non-threatening environment.

**CHIP** is a not-for-profit organisation staffed by health professionals from the McGill University teaching hospitals (The McGill University Health Centre, The SMBD-Jewish General Hospital, and St. Mary's Hospital). Established in 1996, **CHIP** has been providing state-of-the-art care for the prevention and treatment of cardiovascular disease, diabetes, obesity and cancer.

If you are interested in the program, please complete the attached registration form and either mail, fax or email it back to me. If you require additional information, please call **CHIP** at 514-846-7973 ext 246 for further details or visit our website at [www.chiprehab.com](http://www.chiprehab.com).

Best Regards,

*Marla Gold*

Marla Gold  
CHIP Director

