

Starting January 30th

The myhealthcheckup healthy weight challenge, a scientifically-developed online program.

The health professionals at CHIP have designed this interactive program for individuals who want to lose weight or are trying to maintain their weight loss. Using a team approach, this program incorporates nutrition, exercise, and behaviour modification for sustainable healthy lifestyle changes. Form a 2-person team with your spouse, your friend or your colleague, and join us for this inexpensive (\$60/person), fun, safe, and effective new initiative.

If you are interested in participating in this 3-month challenge send an email to ilka.lowensteyn@mcgill.ca.

