



TOWN OF PARADISE

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Mr. Michael Ciraula, Mayor
City of Battle Ground
400 NE – 17th Avenue
Battle Ground, WA 98604

Dear Mayor Ciraulo:

I wanted to present to you the Coronary Health Improvement Project, known as CHIP that has been such a positive force here in the Town of Paradise. We are a small city of approximately 27,000 people and we are located about 90 miles north of Sacramento, CA. We highly recommend this healthful program to the fine city of Battle Ground! The Town of Paradise's acceptance of this new lifestyle and its promotion has had unintended consequences of which we are delighted.

Many of our staff and management personnel have taken the CHIP course, some twice or three times with exciting results; not only feeling good about the weight loss for those of us who are overweight, but the tangible evidence of lowered cholesterol, lower blood sugar levels and lower blood pressure. Seeing the numbers that you wish to do down; go down, and the numbers you want to go up; go up, like the HDL levels is motivation to continue with this lifestyle. Not only is our health improved, but our spirits are improved as well; our working relationships with our co-workers has elevated to a new level. There is a comradery and special bonding with those of us who attended the course, enriching our work days. This was something that was an unexpected bonus.

We highly recommend that you consider bringing the CHIP program to your city, not only to improve the health and well being of the city employees, but to inspire them to continue with a healthy lifestyle; an improved life with less illness and disease. The bonding and team-building feelings between the co-workers means better production and feelings of self-worth.

If you would like to discuss this with me further, please contact me at (530) 872-6987.

Sincerely,

Sherry L. Bruno
Executive Assistant to the Paradise Town Manager