



Be Active! fitness resources

Hayward, Union City, Fremont, and San Leandro areas

Taking the first step

Regular physical activity - at least 150 minutes a week - can help you feel better, maintain a healthy weight, and reduce your risk of heart disease, stroke, diabetes, osteoporosis, and certain cancers.

We believe exercise is an important part of your overall health and wellness, and that it makes a big difference in how you feel every day. Find something you enjoy and set a small goal for yourself. Work up to 150 minutes a week and have fun!

Walking

Walking is one of the best forms of exercise. Setting a goal helps motivation. Set a goal. Then, consider joining an organized walk, walking group, or a partner to support you in your walking goal.

Aquatic Exercise programs & facilities

- Arthritis Foundation Northern CA (415) 356-1230
- Aqua Zumba www.zumba.com
- Silliman Center, Newark (510) 578-4620

Adult Schools, Colleges, Senior Centers

- Fremont Adult and Continuing Education: aquatics, dance, t'ai chi, cardio kickboxing, boot camp www.face.edu (510) 793-6465
- Chabot-Las Positas Community College District: aquatics, dance, fitness center, individual sports, and programs for healthy aging. Under Physical Education at www.chabotcollege.edu/pe/ (510) 723-7484
- Ohlone College: t'ai chi, qigong, fitness center www.ohlone.edu/org/commed/ (510) 742-2303

Find something new

Use the Yellow Pages or an Internet search engine to find details on classes or activities that motivate you:

- Dancing
- Rollerblading
- Ice Skating
- Bowling
- Swimming
- Boot Camp

East Bay Parks and Recreation

www.ebparks.org, (888) 327-2757

Take advantage of local resources in East Bay Regional Parks. Programs and trails for all ages and ability levels.

Offerings:

- Biking
- Hiking
- Swimming
- Boating
- Kayaking
- Archery
- Golf
- Sailing
- Skills classes
- Trails Challenge, annual

YMCA of the East Bay

www.fremont.ymcaeastbay.org, (510) 657-5200

Offerings:

- Group Exercise
- Fitness Facility
- Personal Training
- Yoga
- Beginner Exercise
- Circuit Training

Health Clubs and Fitness Centers

For a health club or fitness center near you, please see the listings in the Yellow Pages under "Health Clubs" or use an Internet search engine (like Google).

For people who have a disability

- Bay Area Outreach and Recreation Program www.borp.org, (510) 849-4663
- Chabot-Las Positas Community College District: Go to www.chabotcollege.edu/pe/, Physical Education, Adaptive
- National Center on Health, Physical Activity & Disability www.nchpad.org, (800) 900-8086

Online Resources

- www.everybodywalk.org Available also as an App!
- www.exercisemedicine.org
- www.meetup.com
- www.arthritis.org/Northern-California/programs
- www.baynature.org/trailfinder
- www.zumba.com View by class type, location, instructor

Kaiser Permanente Resources

Wellness Coaching by Phone

A personal coach can increase your likelihood of success by helping you create—and stick with—a plan for long term health. Call 1(866) 251-4514 (toll free), 6 a.m. until midnight daily, to schedule your coaching appointment. Sessions are available in English and Spanish, and are offered at no additional cost for Kaiser Permanente members.

Online Health Coach

Our online coaching programs are another way to find the motivation and help you need to make lasting changes for your health. Become more physically active with our Let's Get Physical program, or improve your eating habits with the S.M.A.R.T. Eating program. Look for the "Online Health Coach" link on your physician's home page at kp.org/mydoctor.

Online Resources

- kp.org/fitness
- kp.org/mydoctor/gettingreadytomovemore
- kp.org/classes



Personalized Plan

And while you're online, let our HealthMedia® Succeed™ online program evaluate your specific lifestyle and suggest customized ways to improve your health and quality of life. For more information, visit kp.org/healthylifestyles.

Discounted Gym Memberships

Save on services from a national network of fitness facilities and exercise centers at kp.org/choosehealthy

Classes

- Gentle Movement for Active Aging
- Qi Gong: Introduction, Level 1, Level 2
- Yoga: introduction - gentle, prenatal or regular

Health Education Centers

- Fremont (510) 248-3455
- Union City (510) 675-4531
- San Leandro Healthy Living Center (510) 454-4531

Each of our Centers offers fitness-related information for adults and kids, and fitness DVDs. Some DVDs are for lending to members, while some are for sale.

Offerings:

- Cultivating Health® Everyday Fitness Kit – by Kaiser Foundation Health Plan
- Exercise & Physical Activity: Your Everyday Guide (book) by National Institute on Aging; free
- Stretching (book)
- Osteoporosis-related materials
- Movement DVDs for adults of all ages at various fitness levels, and for kids – including yoga, Pilates, chair dancing, qi gong, strength training

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse any brand names; any similar products may be used. Herbs and supplements are sold over-the-counter. Kaiser Permanente carries only herb categories for which some evidence exists to show that the herbs may be effective to treat certain medical conditions.