



STAYING HEALTHY

WITH NUTRITION AND FITNESS

HEALTH EDUCATION DEPARTMENT • KAISER PERMANENTE • SAN FRANCISCO

Weight Management, Nutrition & Fitness Resources

Managing Your Weight (1 Session) * **415-833-3450**

This workshop will help you determine the best way to achieve your weight loss goals based on proven principles and your unique needs. We will help you develop a plan that includes resources to help you every step of the way.

Fee: No fee for members (*members only*)

Healthy Weight 1 Series (6 Sessions) * **415-833-3450**

Discover the confidence and skills you need to reach and maintain a healthy weight. This 6-session, in-person program covers healthy eating for weight loss, making physical activity a part of your daily life, building a strong support network, and coping with stress.

Fee: No fee for members & \$125 for non-members

Healthy Weight 1 Online Series * **(6 Sessions)** **415-833-3450**

Join an instructor-led class right from your own computer. Learn to adopt healthier behaviors and attitudes for long-term weight loss. Connect with others who are also working to lose weight. To participate, you will need a computer, internet connection, and a phone (landline or cell phone). (*members only*)

Fee: No fee for members

Medical Weight Management Program * **415-833-3808**

If you have at least 40 pounds to lose and want to make positive, lasting changes that improve your health, increase your energy level, and help you get the most out of life, this medically-supervised weight management program might be the answer for you. It features low-calorie meal replacements, medical monitoring, and weekly support sessions. No referral required.

To learn more, visit kphealthyweight.com. Attend an orientation session; fees and program structure will be explained at the orientation.

The Thrive Kitchen **415-833-3450**

Food is one of the most powerful tools you have to improve your health. Join physician and chef Linda Shiue in this hands-on class. You'll learn to make globally inspired, seasonal cuisine. At the end of the class you'll enjoy the meal you've prepared. A different menu is offered each month.

Fee: \$30 for members & \$40 non-members

Individual Counseling * **415-833-3450**

Our Clinical Health Educators (CHEs) are here to provide individual guidance and support for a range of health concerns, including weight management, stress, chronic conditions and tobacco cessation.

Fee: No fee for members (*members only*)

Telephonic Wellness Coaches **1-866-251-4514**

Get the motivation and guidance you need to take an active role in your health. Whether you're trying to get active, eat better, manage your weight, quit tobacco, or handle stress, your personal coach can help you create a plan. You and your coach talk by phone at a time that's convenient for you.

Fee: Free for members

Personal Health Coaching **415-833-7800**

The Personal Health Coach Program provides customized, one-on-one nutrition and fitness testing and coaching. Services include metabolic rate testing, body composition testing, fitness testing, nutritional assessment, and exercise coaching.

Fee: Rates vary based on service & package

* For Providers, resource is direct bookable via eConsult: San Francisco-Health Education

Fitness and Movement Options:

Feldenkrais Movement (6 Sessions)

For people with chronic muscle and joint conditions who want to learn gentle movement exercises to ease and to improve their daily functioning.

Fee: \$41 for members & \$58 for non-members

Offered: Monday or Tuesday evenings

Fitness for Women (8 Sessions)

This exercise program combines low impact aerobics, strength exercises, and flexibility training. Participants will improve their overall physical and mental well-being.

Fee: \$59 for members & \$92 for non-members

Offered: Tuesday & Thursday evenings

Gentle Yoga (5 Sessions)

This program is intended for those with chronic conditions, limited movement or difficulties with balance. The gentle, soothing poses in this class are helpful for experienced yoga students and safe for beginners.

Fee: \$27 for members & \$39 for non-members

Offered: Monday evenings

Pilates (6 Sessions)

Pilates helps improve posture, build firm abdominal muscles, prevent back injuries, and increase joint mobility. All levels welcome.

Fee: \$48 for members & \$70 for non-members

Offered: Wednesday or Thursday evenings

Available at French Campus & Mission Bay Campus

Qi Gong (10 Sessions)

Enhance your everyday life and health with Qi Gong. Learn to develop energy and balance your mind, body, and spirit. Reduce your stress, pain, and symptoms of chronic ailments. All levels welcome.

Fee: \$67 for members & \$97 for non-members

Offered: Wednesday evenings

Tai Chi Chih (7 Sessions)

Performed as though swimming through very heavy air, the 19 movements and 1 pose of T'ai Chi Chih are designed to circulate and balance the energy of the body, promoting health and wellness from the inside out.

Fee: \$53 for members & \$77 for non-members

Offered: Saturday mornings

Yoga (8 Sessions)

This program is based on a variety of yoga postures emphasizing stretching and toning muscles, relieving tension, and cultivating mind body awareness.

Fee: \$53 for members & \$77 for non-members

Offered: Tuesday or Thursday evenings

Available at French Campus & Mission Bay Campus

Your Health Online Shortcuts to better health at kp.org

Kp.org/healthyweight –

Support and tips on losing weight, healthy eating, and exercise

Kp.org/healthcoach –

Online health coaching programs

Kp.org/maintainweight –

Monthly online newsletters

Kp.org/healthylifestyles –

Personalized assessments and action plans for total health

Kp.org/mydoctor –

- Select and communicate with your doctor
- Access online program, videos, and Podcasts

Kp.org/fitness –

Help for staying active

Kp.org/kidwisdom –

Healthy activities and games for children

Kp.org/nutrition –

Help for eating well

Kp.org/recipes –

Healthy recipes

Kp.org/weight –

Resources to manage weight

**Kaiser Permanente
Health Education Center
2241 Geary Boulevard
San Francisco, CA 94115 or
1600 Owens Street**

San Francisco, CA 94158

Phone: 415-833-3450

Hours: Monday—Friday 9a.m.—5 p.m.

Email:SFHealthEd@kp.org

DOWNLOAD our KP Preventative App to stay on top of your health anywhere, anytime!

Visit us at:

kp.org/sanfrancisco/healthed