



# 150 MINUTES TO THRIVE

**As your health care provider, I encourage you to exercise 150 minutes a week (or more) to help reduce your risk for cancer, diabetes, high blood pressure and heart disease.**

Kaiser Permanente offers various options to support you in being physically active at least 30 minutes a day, 5 days a week. Try us!

**Clinical Health Educators:** Call your local Health Education Department to schedule an appointment with one of our educators to develop a personalized exercise program (see *other side for facility phone numbers*).

**Wellness Coaching by Phone:** Call **1.866.251.4514** to schedule your phone based coaching appointment with a Wellness Coach. They are available for appointments 8:30 am to 7:00 pm weekdays.

**Online Programs:** Visit **kp.org** for exercise tips, programs, and interactive tools (see *other side for ways to get started*).

**Health Education Department:** Call or visit your local Health Education Department for information regarding classes and other resources (see *other side for more information*).

**K-Plus for Fitness:** Call **1.800.234.6985** to find out about possible gym initiation fee reductions for Kaiser Permanente members.

Start your journey **online** with **kp.org**, where the information you need is just a few keystrokes away. Use any of these shortcut Web addresses for quick and easy access to health programs, services, or advice and you'll be on your way to a healthier you.

- **kp.org/10000steps** – pedometer/walking program
- **kp.org/fitness** – fitness widgets such as Brain Teaser, Burn It Off! Fitness Calculator, and Yoga
- **kp.org/healthcoach** – interactive physical activity program with video coaching sessions
- **kp.org/healthyliving** – tools for living a healthier life. ex: *What's your target rate?*
- **kp.org/watch** – health videos to get inspired to move

Interested in a **class**? Visit **kp.org/classes** or your local Health Education Department to learn more about our Flexibility and Movement Classes\*.

- Beginning Yoga
- Whole Birth Yoga
- Gentle Yoga
- Yoga for Osteoporosis
- Pilates
- Feldenkrais Method
- T'ai Chi Chih
- Zumba

In addition, find out about the variety of products\* available for purchase at your local **Health Store**.

- Gym Balls
- Yoga Mats
- Instructional videos
- Pedometers

\* Fees vary. Some classes and products not available in all areas.

Campbell	<b>408.871.6463</b>	Mountain View	<b>650.903.2636</b>
Milpitas	<b>408.945.2732</b>	Santa Clara	<b>408.851.3800</b>