Getting in **Balance**

Healthy weight programs and resources for adults

Staying healthy at any weight involves eating well-balanced meals, getting plenty of physical activity, and taking care of yourself. We have many healthy living programs to help you work toward balance. Choose the program that best fits your lifestyle to reach and maintain your healthy weight goal.
Classes

NUTRITION FOR WEIGHT LOSS
Attend in person or online

Learn how to make smart food choices that fit your lifestyle in this 90-minute in-person group session. Call (703) 359-7878 or 1-800-777-7904, or TTY: (703) 359-7616 or 1-800-700-4901, to register.

You can also take this class online. Visit kp.org/appointments and log-in to your secure account. Select “schedule appointment” and choose “Online meeting for weight control” from the menu. Continue to follow the prompts to schedule and confirm your online appointment. Within 1-2 weeks prior to the class, you will receive a secure message reconfirming your appointment and providing you instructions on how to connect virtually to the online class.

NUTRITION FOR DIABETES MANAGEMENT

INSTEP WITH DIABETES
2-session class, 3 hours each session

Designed for people with diabetes & their families focusing on skills needed for living healthy with diabetes/pre-diabetes. The nutrition component focuses on meal timing, carbohydrate/fat intake, food selection, portion control and exercise. Also taught in Spanish as a one-day class.

INSTEP 3 – THE NEXT STEP
3-hour class

For people who have completed InSTEP with Diabetes, this class provides additional help with meal planning, and label reading. It also teaches patients how to make sense of blood glucose monitoring results.

To register, call an appointments representative, 24 hours a day, 7 days a week, at (703) 359-7878 or 1-800-777-7904, toll free. You can register for InSTEP 1 and 2 online at kp.org/appointments.

Online resources*

HEALTHY LIFESTYLE TOOLS
Get a personal online plan to help reshape your lifestyle and improve your health at kp.org/healthylifestyles. Fill out an online survey to receive a custom guide based on what you have told us about yourself. We will follow up with personal e-mail newsletters to help you stay on track and measure your success!

• Assess your total health – Take a look at the health choices you make each day with the Total Health Assessment and how your lifestyle measures up for good health.

• Get your personal weight management program – HealthMedia® Balance™ gives you personal strategies to help reach your ideal weight with a program that has helped people lose weight and keep it off.

• Use your nutrition plan – HealthMedia® Nourish™ gives you a personal plan for making smart and tasty food choices to help increase energy, manage weight, and live a healthier life.

• Tame your daily stress – HealthMedia® Relax™ gives you personal tips to help relieve and prevent stress.

*For most online programs, you must be registered at kp.org/register.
EMMI® PROGRAMS
• Emmi® programs are a series of web-based, programs that educate participants and encourage them to take an active role in their care. Emmi programs add to information you may receive during your office visit or hospital stays. Try one of these Emmi programs below:
  » Nutrition and Healthy Eating
  » Diabetes: Nutrition and Healthy Eating

To view an Emmi program, go to kp.org/doctor and enter your doctor’s name. Click on the ‘Prepare for your procedure or manage your ongoing condition (Emmi®)’ link on your doctor’s home page and register. You do not need a procedure date.

KP.ORG/DOCTOR
View the Nutrition and Healthy Eating Emmi®. Go to your primary care doctor’s homepage to access Emmi under Quick Links.

KP.ORG/CHOOSEHEALTHY
Learn about a variety of services provided by American Specialty Health Networks, Inc. (ASH Networks). You can receive discounted rates on fitness club memberships.

Featured weight management health topic
Our weight management health topic brings together our programs and resources in one place. Visit kp.org/weight to learn more.

EVERYBODYWALK.ORG
Every Body Walk! is an online educational campaign aimed at getting Americans up and moving. Through the help of our partners, Kaiser Permanente is working to spread the message that walking 30 minutes a day, five days a week, really can improve your overall health and prevent disease. You can find resources on walking, health information, walking maps, how to find walking groups, and much more!

Healthy weight calculator
Use to find your body mass index and learn about your healthy weight range. Visit kp.org/calculators.

Recipes
Looking for ways to make healthy, delicious meals? Visit kp.org/recipes or kp.org/foodforhealth for recipe ideas and much more!

Videos and podcasts
Browse our videos and podcasts for a healthy dose of information and inspiration to help manage your weight at kp.org/watch and kp.org/listen.

Talk with a Wellness Coach by phone
Your wellness coach can help you make and stick with a plan for reaching your healthy weight goals. Better yet, you don’t even have to leave home! You and your coach talk one-on-one by phone at a time that works for you. Call 1-866-862-4295, Monday through Friday, 7 a.m. to 8 p.m., to make a phone appointment with a coach. Coaching sessions are no charge to Kaiser Permanente members.

Have a personal nutrition consultation
A nutritionist can help you change your current diet so you can better manage your weight. A referral is required by your doctor and you may have a co-pay for the visit. Call (703) 359-7878 or 1-800-777-7904, toll-free, to schedule a nutrition consultation.
Additional resources

ORGANIZATIONS

• Weight-control Information Network (WIN) – Produces materials on obesity, weight control, nutrition and physical activity. niddk.nih.gov or call (202) 828-1025.
• President’s Council on Physical Fitness and Sports – Provides information about physical activity, fitness, sports and health. fitness.gov or call (202) 690-9000.
• American Institute for Cancer Research – Provides information on the link between weight and cancer, and offers many brochures on ways to achieve a healthy weight. aicr.org or call (202) 328-7744.
• Academy of Nutrition and Dietetics – Provides information on how to plan ahead as well as cooking and weight loss tips, and resources that can help you control your weight.

WEBSITES

• kp.org/weight – Link to Kaiser Permanente’s online source for information on weight management
• americaoonthemove.org – Provides simple ways to improve daily eating and activity.
• calorieking.com – Provides information on weight control, exercise and healthy living.
• choosemyplate.gov – Provides practical information and tips to help build healthier diets.
• collagevideo.com – Wide selection of exercise videos.
• cookinglight.com – Combines great taste and good health with lots of easy recipes.
• eatingwell.com – Provides basic meal planning.
• eatright.org – Provides nutrition tips and fact sheets from the Academy of Nutrition and Dietetics.
• fitday.com – Provides free online diet journal.
• healthierus.gov – Government sponsored site with information on fitness, nutrition and disease prevention.
• healthydiningfinder.com – Allows users to search for healthy restaurants across the U.S.
• nwcr.ws – Read real-life stories of people who have lost weight and kept it off.
• oa.org – Provides a program of recovery from compulsive overeating addressing physical, emotional and spiritual well-being.
• tops.org – Weight control support group.
• weightwatchers.com – Commercial weight control program.

MOBILE APPS

• BMI Calculator – (iPhone) – Try this BMI (Body Mass Index) calculator from the National Heart, Lung, and Blood Institute (NHLBI). This app also contains links to resources on the NHLBI website.
• 7 Minute Workout – (iPhone and Android) – Get moving even with a busy schedule with these short exercises.
• Calorie Counter & Diet Tracker by MyFitnessPal – (iPhone and Android) – Log your meals and track your calories and exercise.
• Instant Heart Rate – (iPhone and Android) – Check your pulse and find out if you are reaching your target heart rate during workouts.
• Pacer – (iPhone and Android) – Track your steps and calories.
• Lose It! – (iPhone and Android) - Set diet goals and track your progress in meeting them.

BOOKS

• Cooking Light Cookbooks, Oxmoor House. Combine good taste with good health.
• Weeknight Wonders: Delicious, Healthy Dinners in 30 Minutes or Less by Ellie Krieger. Provides healthy recipes made with simple ingredients that take 30 minutes or less to prepare.
• Lighten Up by Elaine Magee. Provides low-fat versions of favorite high-fat recipes.
• Eat What You Love: Quick & Easy by Marlene Koch. Great recipes that are low in sugar, fat, and calories.
• Quick & Healthy Recipes and Ideas: For People Who Say They Don’t Have Time to Cook Healthy Meals by Brenda Ponichtera. Healthy recipes that are easy to fix along with practical tips on how to get started.
• Skinny One-Pot Meals by Ruth Glick. Over 100 main dish, soup and salad recipes that are delicious, nutritious and easy-to-make.

For additional support, check with your local community organizations to learn about their nutrition and exercise programs and resources.