



# Healthy Lifestyles

Eat, move, and feel more healthy

Do you want to engage in a healthy lifestyle? Are you trying to manage heart disease, high blood pressure, or diabetes? Choose an option that helps fit your learning style – and discover how to create lasting behavior changes.

## Strategies for Healthy Living – webinar

**For Kaiser Permanente members 18 and older who would like to explore behavior change to improve healthy eating habits and increase physical activity**

Learn more about health-promoting behaviors.

Explore long-term solutions to fit healthy habits into your everyday life. This class focuses on improving health by adding nutrient-dense foods to meals, increasing movement, and embracing intuitive and mindful eating practices.

10 sessions, 1 hour each

No fee for Kaiser Permanente members

A support person is welcome to join you.

To register, sign on at **[kp.org/appointments](https://kp.org/appointments)**. Click “Schedule appointment,” then select Health and Wellness Education as the reason for the appointment. Follow the prompts and make your selections to finish registering.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.

## Healthy Futures – prerecorded webinar

**For parents and caregivers of children 2-12**

Learn proven strategies for coping with difficult eaters.

Take conflict off the menu with Ellyn Satter’s Division of Responsibility. In this 10-minute presentation, you can get tips for making mealtime more pleasant and rewarding for the whole family.

Watch the recording on **[kp.org/healthengagement/kidsandfamily](https://kp.org/healthengagement/kidsandfamily)**.

No fee for Kaiser Permanente members

After viewing the presentation, you can talk with a health coach to get ongoing support. To register, sign on at **[kp.org/appointments](https://kp.org/appointments)**. Click “Schedule appointment,” then select Health and Wellness Education as the reason for the appointment. Select “Health coach” then follow the prompts to set up your appointment for a phone or video call.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 2.



## Making Peace with Food – webinar

**For Kaiser Permanente members 18 and older who would like to explore a weight-neutral, non-diet approach to rebuild a positive, confident, and enjoyable relationship with food**

Learn to rebuild a trusting relationship with food and your body and to reclaim the health and happiness that you are entitled to enjoy, at any shape and size.

Diet culture and the pursuit of smaller bodies has left many of us with a fractured relationship with food and our bodies. The class will cover skills and tools rooted in:

- The Joy of Eating, Being a Competent Eater (Ellyn Satter Institute).
- Body Trust, self-compassion.
- Intuitive Eating principles: discover the satisfaction factor, reject the diet mentality, honor your hunger, feel your fullness, cope with your feelings with kindness.

We'll learn these through in-class and at-home practice. Sessions will include focused-eating exercises. Please bring a neutral food such as crackers to these sessions.

8 sessions, 1 hour each

No fee for Kaiser Permanente members

A support person is welcome to join you.

You need a referral from your doctor to participate in this class. Call or email your doctor via [kp.org/messages](https://kp.org/messages) to ask for a nutrition department referral.



## Introduction to Plant-based Eating – webinar

**For Kaiser Permanente members 18 and older who are interested in following a whole food, plant-based diet or in finding ways to add more whole plant-based foods to their lives**

Discover ways to incorporate more plant-based foods and decrease processed foods from your eating plan.

Get an introduction to whole food, plant-based eating. You'll learn about the benefits, resources, and ways to include more of these foods into your life.

1 session, 1 hour

No fee for Kaiser Permanente members

To register, sign on at [kp.org/appointments](https://kp.org/appointments). Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts and make your selections to finish registering.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.

## Wellness Coaching by Phone Program

**For Kaiser Permanente members 18 and older**

### What is health coaching?

Health coaches are guides. You decide the destination, and the coach supports you along the way.

Improving your health behaviors can be a difficult journey. A coach provides support as you strengthen your health routines.

Coaching is also helpful for families! There's no reason to go it alone.

Having a coach can help if:

- You know what you want to do to improve your health, but you haven't done it.
- You're working on your health and struggling to stay on track.
- You used to do more for your health and want to again.
- You're feeling stuck!

No fee for Kaiser Permanente members

You can have a phone or video call, at a time convenient to your schedule. To register, call **503-286-6816** or **1-866-301-3866**, option 2.

You also can register by signing on at **kp.org/appointments**. Click "Schedule appointments," then select Health and Wellness Education as the reason for the appointment. Select "Health Coach" then follow the prompts to set up your appointment for a phone or video call.

### Want to know more?

- Visit **kp.org/healthengagement/weight**.
- Visit **kp.org/healthengagement/exercise**.
- Visit **kp.org/healthengagement/nutrition**.
- Go to **kp.org/video** to see the "The Benefits of Exercise."
- Check out the online wellness programs at **kp.org/healthylifestyles**. They are for Kaiser Permanente members at no additional cost. More info is on page 51.
- Find programs and services near you at **kp.org/communityresources**. Explore this directory of resources in your area – including programs for food, housing, childcare, utilities, employment, and more.
- Visit **kp.org/mentalhealth** to explore mental health and wellness resources, including online self-assessments and self-care apps\*.
- Get reduced rates on studios, gyms, fitness gear, and online classes at **healthy.kaiserpermanente.org/oregon-washington/health-wellness/fitness-deals**.

\*Only available to Kaiser Permanente members with medical coverage.