



Active living

Be active. Improve your well-being.

No matter what your activity goal is – boost your confidence, participate in sports, reduce or prevent health problems – we've got the information and tools to help you succeed.

Fall Prevention and Balance Screening

For Kaiser Permanente members interested in learning about balance, fall prevention, and how to maintain mobility as you age

Learn the internal systems we use for balance, exercises designed to help improve balance, and different ways to prevent falls.

Did you know you can improve your balance and prevent falls? Falls are the leading cause of loss of independence over the age of 65, according to the U.S. Centers for Disease Control and Prevention. In this class, you will learn the foundations and skills needed to help get your balance back on track. An optional balance screening is also offered.

1 session, 2 hours

No fee for Kaiser Permanente members

To register, please call **1-844-394-3972**.

Healthy Hands Class

For Kaiser Permanente members who have hand and wrist arthritis

Learn strategies that may prolong your hand function.

This session covers symptom management, adaptive equipment, task modification, alternative treatments, bracing/splinting, and gentle exercises.

1 session, 1.5 hours

No fee for Kaiser Permanente members

To register, please call **1-844-394-3972**.

Healthy Hips and Knees

For Kaiser Permanente members with chronic hip and/or knee pain or osteoarthritis

Learn about the anatomy of the hip and knee and how it relates to your symptoms.

Learn strategies to manage your hip or knee symptoms and help prevent further injuries. The session will also cover important exercises for the hip and knee and suggestions for when to seek care.

1 session, 1 hour

No fee for Kaiser Permanente members

To register, please call **1-844-394-3972**.





Healthy Spine Class

For Kaiser Permanente members with acute or low back pain

Learn strategies to help manage your low back pain symptoms.

Learn about proper body mechanics to help prevent injury, and how to help manage the pain of flare-ups. The session will also cover important exercises for the spine and suggestions for when to seek care.

1 session, 1.5 hours

No fee for Kaiser Permanente members

To register, please call **1-844-394-3972**.

Parkinson's Disease: Exercise as Medicine

For Kaiser Permanente members with Parkinson's disease

Improve your understanding of Parkinson's disease and the benefits of exercise.

This class is taught by a physical therapist. You'll learn more about Parkinson's and why exercise is essential in managing your symptoms. We'll share and discuss both community and Kaiser Permanente resources.

1 session, 1.5 hours

No fee for Kaiser Permanente members

Family members are welcome and encouraged to attend with you.

To register, please call **1-844-394-3972**.

Silver&Fit®

For Kaiser Permanente Senior Advantage (HMO) plan members

Stay or become more active.

Silver&Fit gives you access to selected fitness facilities, exercise programs, and home fitness kits (options include yoga, tai chi, strength and stamina, diabetes workout, barre fitness, and chair dancing). You'll also have access to online tools, newsletters, and invitations to social activities. Tools at **SilverandFit.com** include Silver&Fit Signature Series exercise videos, Facebook Live exercise classes, and Healthy Aging coaching.

No fee for Senior Advantage members for a standard gym membership and other Silver&Fit offerings.

To find a participating facility near you, please call **1-877-221-8221** (TTY 711).



Want to know more?

- Visit kp.org/healthengagement/preventingfalls.
- Visit kp.org/healthengagement/exercise.
- 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.
- 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 54.
- Use the apps at kp.org/selfcareapps*. They are digital personalized programs. *myStrength* helps you build a personalized support plan for pain, stress, sleep, nicotine recovery, pregnancy, early parenting, and mental health. *Calm* is the #1 app for sleep and meditation – designed to help lower stress, anxiety, and more. *Headspace Care* (formerly Ginger) gives you text-based emotional support coaching, available 24/7.

*Only available to Kaiser Permanente members with medical coverage.