

Kaiser Permanente's

get fit
SOUTHERN CALIFORNIA

Move more. Munch that broccoli. Bite that apple. Kaiser Permanente members are used to getting healthy advice.

But who or what nudges Kaiser Permanente Southern California's doctors and staff to thrive? **Get Fit**, that's what.

Get Fit is a fitness program to help our 5,000 physicians and 55,000 employees lead a healthier lifestyle. Andy Gallardo, Director of Fitness for KPSC, got the program up and running in 2008, and with good reason. "We were seeing people working late into the night with no opportunity for exercise and good food," says Andy. "We knew if our workforce was going to be more active and eat better we needed to give them better opportunities."

It's all about bringing fitness to the workforce in the workplace. "Get Fit provides as many options as possible for our staff to lead a healthy life so we can provide the best possible service to our members," says Andy.

Get Fit pushes/inspires/encourages us to:

Move more

Take the stairs between meetings. Walk at lunchtime. Park further out in the parking lot. Stretch at your desk.

Make healthier food choices

Choose fruits, veggies, beans, fish, nuts and kick the sugar, salt or high-fat habit. Swap cookies and soda for fruit and water at conferences and meetings. Fill vending machines with healthier drinks and snacks.

Get involved in an organized event

Sign on and shape up with any number of events, many sponsored by Kaiser Permanente: Pasadena Marathon; Los Angeles Triathlon; 30 Day Fitness Challenge; 5K Run/Walk Fit Festival; Fall 5K (Trick, Treat and Trek); 5K Inland Empire Heart Walk; Redondo Beach Superbowl 10K.



"We always tell people, it doesn't matter what you do, just do something and have fun!"

DANCE Rx

Dance fever is spreading at Downey, and plenty of people are thrilled to be catching it.

Once a week the members of Downey Dance Rx get together for some fancy footwork in a class created by anesthesiologist, Jason Cheng, D.O. who wanted to share his love of dancing and getting fit with his colleagues. "When I started dancing a couple years ago, I lost a lot of weight and got in pretty good shape," says the dancing doc.

Dr. Cheng choreographs the dances, most based on Latin dance moves. "Latin dance gives a great workout especially to the core abdominal muscles," says Dr. Cheng. "That's an area where we really like to see people trim down."

Soon after getting together in mid 2010, Dance Rx performed at a wellness fair, then at a holiday party. They now plan to perform line dances every week at the Medical Center's Farmers' Market and invite everyone to join in. Plans are also afoot to start Dance Rx troupes at all Downey MOBs.

Sounds like some very cool moves.

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LOS ANGELES



BOOT CAMP

It's 6:00 AM as the new recruits stumble onto the field, a bit out of shape and toting a few unwanted pounds.

Six weeks later, they're fit, toned and trimmed. This is Boot Camp, LAMC style.

The Los Angeles Medical Center has been offering a military-style Fitness Boot Camp since early 2010. Sessions are held at Barnsdall Art Park, just behind the hospital, run from 4-6 weeks and are open to all employees and their families.

The Medical Center brought in fitness guru Steve Johnson, a former U.S. Air Force officer, to run participants through tried-and-true exercises like those the military uses to shape up recruits quickly and safely.

"Some people have lost a significant amount of weight," says P.L. Maillard, Assistant Medical Center Administrator. "We definitely see results."

Boot Camp has developed a loyal following.

"A few people have attended every single session since we started," says P.L. "Some of our Radiology residents even run informal Boot Camps during the off-times between regular sessions. It's fantastic to see the connection people have made with this program and dedicating their time to getting fit!"

GET walking climbing swimming stretching bowling running cycling jogging gardening dancing **FIT**

MAKING ROOM TO THRIVE

"How about a gym on campus?" That's what many people asked on People Pulse surveys — and now they've got it.

Panorama City's Thrive Room opened on May 3, 2010 and it's getting a great workout.

"About 40-100 people use the gym every day," says Karen Alvarado, MPH, Project Manager for the Health Education Department. "I've seen people lose weight, improve their health and decrease their meds."

The gym is reserved just for physicians and staff and open 24/7, so it's easy for people to drop by to jump on the strength training or cardio equipment or use the yoga/stretch area to relax and work out the kinks. The gym has been so successful that many are hoping to expand the space and add more equipment.

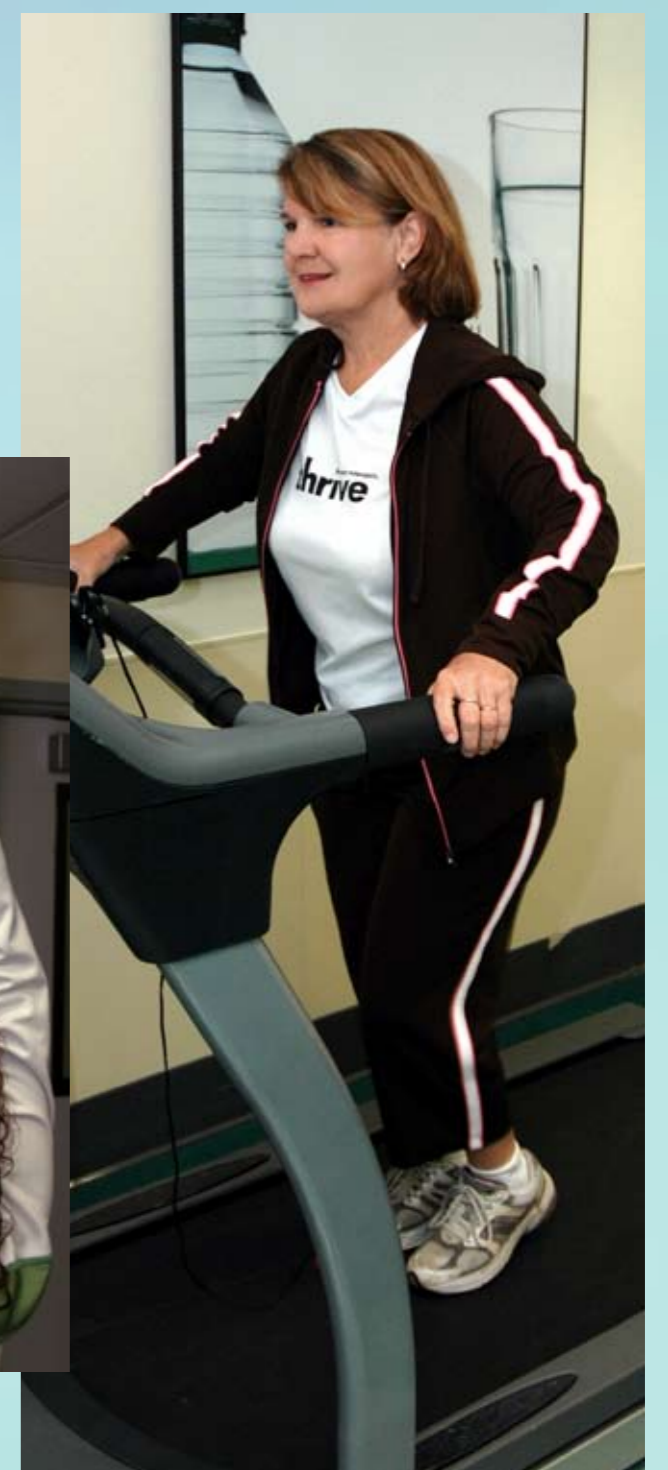
In the overall push to get fit, Panorama City has also eliminated all sugary soft drinks from campus vending machines and banished the deep-fat fryer from the cafeteria.

"These efforts make people feel that leadership values our health," says Karen. "They want us to be healthy."

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PANORAMA CITY



ORANGE COUNTY

get fit SOUTHERN CALIFORNIA ALISO VIEJO



TEAMING UP TO GET FIT

Getting fit is a team sport at the Aliso Viejo MOB.

"We're a small clinic, but most of us participate and support each other in shaping up," says Thrive Champion, Teresa De Roulet, MD.

Aliso Viejo held a couple of friendly competitions in 2010, with prizes given for weight loss and exercising.

"Although these are individual efforts, we cheer each other on," says Dr. De Roulet.

During several Biggest Loser campaigns, most people lost from 8 to 10 pounds and have kept them off by walking, hitting the

gym or running 5Ks. Group lunchtime walks are very popular at Aliso Viejo. "It's extremely hilly here, so we go for a brisk 30-minute walk and get a pretty good workout."

The group's plan for 2011 is for everyone to shed 20 pounds by teaming up to run more 5Ks, follow Weight Watchers and cheer each other on.

"We keep each other accountable, without being critical," says Dr. De Roulet. "We encourage each other to get fit. This team thing — it's a very nice feeling."

WINNING BY LOSING

The Harbor MacArthur MOB is full of winners, even though they're losing — big time!

Take John Brewer from Optical Dispensing who lost 100 pounds during the first two seasons of the MOB's Biggest Loser campaign. For John and many others, this was the spark that ignited their interest in getting fit and losing weight.

"The campaign changed lots of behaviors," says Michelle Boontanom, Assistant Department Administrator and Thrive Champion. "People started walking at lunchtime and brought in fruit instead of donuts." People who'd never dreamed of doing a 5K, suddenly found themselves hitting the road.

During Harbor MacArthur's two 10-week Biggest Loser seasons in 2010, participants lost a total of 565 pounds. The third season starts in January 2011, back by popular demand.

Many "losers" also took the Pound for Pound Challenge Pledge, a program sponsored by TV's "real" Biggest Loser program which donated a pound of food to a local food bank for every pound lost. "We donated almost 300 pounds of food," says Michelle. "So as we lost, our community gained."

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GETTING A WATERY WORKOUT

The splash of salt water on his face, the sun on his back, the thrill of digging his paddle through the waves.

The first time Alex Bermoy raced in a real Hawaiian outrigger canoe he was hooked.

"It's a total body work out from head to toe," says Alex, a Surgical Technologist at the Alton/Sand Canyon SurgiCenter.

But Alex didn't want to keep all the fun to himself. He quickly signed up seven six-person teams from the SurgiCenter for the 2008 Imua Outrigger Corporate Challenge, an annual event in Newport Beach.* The SurgiCenter teams continue to race every year along with a growing number of

teams from other Alton/Sand Canyon departments including Urology, Plastic Surgery and the ICU. In 2011, Alex plans to challenge other SurgiCenters around the region to join the competition.

"Paddling is hard work," says Alex. "But it's great exercise and a fun way for us to get together away from the clinic."

When asked which outrigger team usually wins the competition, Alex replies with a laugh, "Everyone wins!"

*Imua means "go forward" in Hawaiian.

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PATH TO THRIVE

“Get Fit is awesome because it gets people on the right track.”

That’s the word from Leslie Lagos, Get Fit Project Manager, as she races past the elevator to climb the stairs — and she has lots of company.

“We really stepped up our “Get Fit” game in 2009,” says Leslie, talking about Path to Thrive, Riverside’s first big Get Fit effort. 580 people signed up and picked a health goal (stop smoking, lose weight, etc.) they wanted to achieve within six months.

The Big Ten program was the big push for 2010 — join us to lose 10 pounds in three months. And in 2011, everyone is

invited to sign on for the Presidential Fitness Program.

Riverside offers many ways to reach fitness goals. Cooking demos. Exercise classes. “Take the Stairs Day.” Five-minute exercise breaks in nursing modules. Emails with motivational tips and recipes.

A happier, healthier workforce? You bet. “We’ve seen a decline in sick days for one thing,” says Dr. Paul Hartfield, Get Fit Champion. “People are less stressed, more positive and just plain happy while having fun!”

LEADING BY EXAMPLE

Dr. Reza Goharderakhshan Gets Fit and inspires others to join him.

“You first, Dr. Gohar.” The patient’s challenge startled urologist Reza Gohar, MD, then it made perfect sense. He was always advising his post-op patients to walk, eat a low-fat diet and reduce their stress. Yet, patients needed only a casual glance to see that their caring doctor didn’t practice what he preached.

So Dr. Gohar started walking which, in turn, made him sleep better which, in turn, boosted his energy which, in turn, decreased his need for junk food to keep him awake. He threw in a daily swim for good measure.

Soon Urology DA John Chew and ADA Grace Chiang, both athletes themselves, took a look at their newly-fit colleague and knew he was ready for prime time, or at least the L.A. Triathlon. The threesome quickly became a recruiting machine, signing up a total of five triathlon teams from Urology.

Dr. Gohar’s health continues to improve and he’s lost about 30 pounds. Now when he gives fitness advice his patients do exactly what he says — he’s proof that it works.

get fit SOUTHERN CALIFORNIA SOUTH BAY



get fit SOUTHERN CALIFORNIA WOODLAND HILLS



WALKING FOR FUN AND FITNESS

Want proof that people will follow Dr. Shahid Hashmi anywhere?

Just catch the parade behind him every Wednesday morning on one of his “Walk With Your Doc” treks around the Medical Center.

Before becoming a nephrologist, Dr. Hashmi worked as a personal trainer where he perfected his skills in turning couch potatoes into fitness fans. He’s still doing it.

Dr. Hashmi’s 30-minute walks combine walking with stops for exercises along the way. He draws on many of his former personal trainer tricks to keep

people engaged such as choosing exercises that deliver maximum results. He pairs people so everyone has a partner to help him or her bend, stretch, push and pull. He tailors exercises to a person’s ability. Can’t do a push-up on the floor? Then try doing a push-up standing up, against a wall. Success!

“You have to make exercise fun,” says Dr. Hashmi. “If you create an exercise program where people can socialize, have a good time and keep in shape, they’re more likely to stick with it.”