

Activities at Walnut Center July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Take the Stairs Thursday	2 Thrive Friday Lunch Hour Walk 12:15 – 1 p.m. meet in Lobby	3
4	5 4th of July Holiday	6 Take a Lap Tuesday	7 Farmers Market 11 a.m. – 1 p.m. Ask the Dietitian at Farmers Market 11 a.m. – 1 p.m. Weight Management 12 – 1 p.m. 7L	8 Take the Stairs Thursday	9	10
11	12 Top 5 Ways to Lose Weight 12 – 1 p.m. 7C KP Run/Walk Club 5:30 p.m.	13 Take a Lap Tuesday	14 Weight Management 12 – 1 p.m. 1C Yoga 5:30 p.m. 1D	15 Take the Stairs Thursday Calorie Class 12 - 1 p.m. 6C	16 Thrive Friday Lunch Hour Walk 12:15 – 1 p.m. meet in Lobby	17
18	19 KP Run/Walk Club 5:30 p.m.	20 Take a Lap Tuesday Ongoing Weight Management Group 12:20 – 1 p.m. 6B Movie Screening "Fresh" 5:30 – 7:30 p.m. 1C	21 Farmers Market 11 a.m. – 1 p.m. Weight Management 12 – 1 p.m. 7L Yoga 5:30 p.m. 1D	22 Take the Stairs Thursday 1:1 Training 10 a.m. – 3 p.m. 7F (30 min. sessions)	23	24
25	26 Meditation 12 – 1 p.m. Board Room KP Run/Walk Club 5:30 p.m.	27 Take a Lap Tuesday	28 Weight Management 12 – 1 p.m. 4E Yoga 5:30 p.m. 7L	29 Take the Stairs Thursday Navigating Your Food Choices 12 - 1 p.m. 5J	30 Thrive Friday Lunch Hour Walk 12:15 – 1 p.m. meet in Lobby	31

Every Month, the following types of activities will be offered at Walnut Center:

- Exercise Classes
- Farmers Market
- Yoga Classes
- Weight Management Classes



WHAT'S ON FOR THIS MONTH

MOVIE SCREENING "FRESH" celebrates the farmers, thinkers, and business people across America who are re-inventing our food system. Each has witnessed the rapid transformation of our agriculture into an industrial model, and confronted the consequences: food contamination, environmental pollution, depletion of natural resources, and morbid obesity. Forging healthier, sustainable alternatives, they offer a practical vision for a future of our food and our planet.

CALORIE CLASS Calorie Class Calories count, but you don't have to count them to successfully manage your weight and your health. Attend this lunch-hour class and learn a simple one-page Calorie Awareness System that puts you in more control of your food choices and makes your calories count. Food demos included. To register, e-mail Roger.P.Benton@kp.org. Class size limited to 20.

WALNUT CENTER FARMERS MARKET

Check out the local produce and take some home to support you and your family's good health. If you have questions about your diet or nutrition, visit Carol Bartolotto, RD, at her "Ask a Dietitian" table.

YOGA CLASS A one-hour, beginning yoga class with a patient teacher and supportive classmates. Bring yoga mat and/or towel, comfortable exercise clothing, and tennis shoes. Fee is \$8 per session or \$20 for four consecutive sessions, cash only, payable at the beginning of the class.

TOP 5 WAYS TO LOSE WEIGHT This system includes tried and true, simple ways to help you decrease several hundred calories each day with the overall goal of gradual weight loss over time.

NAVIGATING YOUR FOOD CHOICES

Eating healthy foods can be easier said than done. This class will help you become conscious of the calories found in processed and restaurant entrees and how to make a healthier choice. It will also review label reading to help you make sense of the nutrition facts, ingredient list, and the claims on the front of the package. The class will be taught by Carole Bartolotto, MA, RD. To register, e-mail carole.a.bartolotto@kp.org.

MEDITATION CLASS (GUIDED IMAGERY)

Reduce stress and anxiety and expand your energy by using kp.org guided imagery and positive affirmation podcasts available on kp.org.

1:1 TRAINING WITH ANDY GALLARDO

certified personal trainer. Want to ask questions and find out what you should be doing when you workout? Or better yet, want to start working out? To sign up for a 30-minute individualized training session, send an e-mail to kplat@kp.org. You will need to wear your workout gear.

KP RUN/WALK CLUB Meets every Monday at 5:30 p.m. in parking lot F at the Rose Bowl. For more information, please send an e-mail to kplat@kp.org.

