

DESCRIPTION OF ACTIVITIES

NEW HEALTHY WORKFORCE ACTIVITIES AT WALNUT CENTER

WEIGHT MANAGEMENT = HEALTH MANAGEMENT

Join this six-week weight and health management class taught by Roger Benton, PhD. Learn the facts and fallacies about managing your weight and promoting good health. Also, learn about calories, get help with exercise, watch food demos, and receive restaurant and low fat cooking tips. Participants also receive a self care workbook. **Register by e-mail to roger.p.benton@kp.org by March 15.** Class size is limited to 20.

EATING WELL FOR YOUR HEALTH: WHAT IS A HEALTHY DIET?

If you've ever asked that question, take this 50-minute class for up-to-the-minute information on diet and tips to make healthier eating choices. Come celebrate National Nutrition Month in March by learning how to improve your diet! The class will be taught by Carole Bartolotto, MA, RD. To register, e-mail **carole.a.bartolotto@kp.org**. Class size is limited to 24 people

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? Then sign up for a half-hour individualized training session. To sign up for your session, send an e-mail to **kplat@kp.org**. You will need to wear your work out gear.

EXERCISE 101 CLASS This class teaches an introduction to cardio, stretching, and strength building exercises you can do at home and at work. Bring a towel and water – sweating included! Taught by Andy Gallardo, certified personal trainer. Sign up for this session by e-mail to **kplat@kp.org**. Class size limited.

MEDITATION CLASS (GUIDED IMAGERY) Reduce stress and anxiety, expand your energy, and rediscover the joy! This class uses **kp.org** guided imagery and positive affirmation podcasts to provide a 30-minute meditative break from your busy day. Take some time to take care of yourself while learning how to use these programs on **kp.org** back at your desk or at home.

healthyworkforce
For the people who power KP

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.

EXTREME BOOT CAMP Increase your energy and confidence through personal fitness guidance and assessments. The camp includes nutritional advice, stretching, cardio and strength exercises, calisthenics, and military drills. Monday, Wednesday, and Friday, 5:30 to 6:30 p.m., at Walnut Center atrium. Six-week program averaging \$13.88 per session. To sign up or for more information call **(626) 256-9000**.

THRIVE WALK Every pay day Friday, join your fellow KP colleagues at noon in the lower atrium of Walnut Center for a lunch time walk through Pasadena. Senior leaders will often participate.

FARMERS MARKET Walnut Center is starting a new Farmers Market. Check out the local produce and take some home to support you and your family's good health.

SPECIAL EVENT: MOVIE SCREENING Come find out what is in your food and what big companies don't want you to know at a screening of the award-winning documentary, Food, Inc.

TAKE A LAP TUESDAYS Did you know the block around Walnut Center is 3/10 of a mile. Try to get out for one lap every Tuesday.

TAKE THE STAIRS THURSDAYS Try taking the stairs when you arrive or between floors when you go to a meeting. Climbing stairs clears the mind and burns some calories.