



Kaiser Permanente HealthWorks

Onsite health promotion classes

Exercise classes

Description

Chairobics

Sit and be fit with Chairobics! This innovative and engaging experience integrates flexibility, cardiovascular conditioning, muscular strength, and endurance training while seated.

The Power of Exercise and You

Your health is priceless. Staying healthy requires exercise. This informative presentation will teach you the essential components of an exercise program. Understand the many benefits exercise can bring to your life, develop an action plan, and learn much more.

Thrive with Tai Chi

Tai chi improves your breathing, circulation, balance, and sense of well-being through a series of simple exercises you can perform slowly, smoothly, and without strain. Experience what the Chinese have been practicing for more than 1,000 years.

Yoga Pilates

Can't decide between yoga or pilates? Now you don't have to! Yoga helps develop your flexibility while pilates focuses on developing the long, sleek muscles for stability. Both will improve your strength. Bring a yoga mat or large towel to class.

Nutrition classes

Eating to Thrive

Learn how you can make healthier food choices without spending a penny more. Get tips and tools to increase your fiber and reduce calories, saturated fats, and carbohydrates. Bring grocery receipts to review during the session.

Get your Plate in Shape

We'll teach you the amount of physical activity required to burn off the extra calories provided in today's food portions. Lose weight and boost your nutrition using the "My Plate" plan. Record your food intake prior to the session using Supertracker.

Healthy Holiday Eating

Celebrate and thrive this holiday season! Set healthy goals for this holiday season in this interactive and fun class. Get tips on holiday parties, healthier cooking, and much more.

Healthy Kids, Healthy Families

If you want what's best for your children, we encourage you to attend this class. Help your kids develop healthy eating habits, change their lifestyle, and set goals that can last them a lifetime.

Hot off the Grill

Summer is year-round in Hawaii. That means endless barbecues, potlucks, and parties. Before you fire up the grill, learn simple strategies for safe barbecuing. We'll also share tips for healthier pupus and potluck choices to help you avoid packing on the pounds this year.

Label Reading

What should you look for on a food label? What is the difference between saturated fat and trans fat? Join a registered dietician and take the mystery out of label reading. Bring food packages from home to review during this session.

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Nutrition classes cont.

Description

Love your Heart - Recipe Modification

Learn how to make your lasagna leaner or your haupia healthier. Change one or two ingredients in your recipes to lower fat, sugar, or sodium. Bring your favorite recipe from home and learn how to make it healthier.

Wait weight!

Wait...what? You're gaining weight? Learn what you can do to keep body fat at bay by maintaining your muscles. Get practical exercise and nutrition tips to stay fit, lose weight, or maintain the weight that you're at.

Thrive classes

Back Fitness

Proper posture and body mechanics when lifting can help protect you from injury. Learn what you can do to strengthen and stretch muscles to improve back fitness. This program can be customized to address the specific needs of targeted employee groups.

Caring for the Caregiver

Prevent caregiver burnout. Learn how to first take care of yourself so that you can take better care of your loved ones.

Healthy Aging

Leap into good health - learn the difference between aging and growing old and what you can do to thrive in your golden years.

Healthy Living (three session series)

Session I - Nutrition
Session II - Exercise
Session III - Sleep

Healthy Sleep

Sleeping well is vital to good health, well-being and job performance. Learn strategies to get the best night's sleep.

Setting Goals for Healthy Behavior

Learn what it takes to create a new healthy behavior! Adopting a healthy behavior can take up to 21 days. See how tracking your activities can help to support your long term success.

Smoking Cessation

Get ready to get ready to quit - a general session for smokers thinking about quitting. Get Kaiser Permanente and community smoking cessation resources and healthy behavior alternatives.

Stress Management

Living to thrive - at one time or another, we all encounter stress. Learn to identify stressful situations and to recognize the body's stress signals. Get the tools you need to better manage your stress.

Holiday stress - put the joy back into your holidays. Learn the four F's of holiday friction - fantasies, family, food and finances - and what you can do to avoid stress this holiday.

Other classes

Ergonomics (two session series)

Session I - design your work environment to fit your body.
Session II - understand how body mechanics can affect performance at work and in life.

Prevention 101

Review prevention guidelines. Recommendations for cancer screenings, cholesterol and blood sugar testing, stop smoking, exercise, blood pressure targets and immunizations will be covered.