



live well be well

OUR COMMITMENT TO EMPLOYEE WELLNESS

MAY 2013



- ~ Do you spend a lot of time sitting?
- ~ Do you drive to work?
- ~ Is it a challenge for you to exercise?
- ~ How would you like to get exciting rewards for WALKING?

My Live Well Be Well *Take Charge!* Program understands you—you're not lazy or unmotivated—you just need a boost. If you are "0" in terms of your current level of "healthy walking," you can participate in the *Take Charge!* Spring Challenge "0 (no walking) to 60 (a STRETCH goal of 60 minutes of walking 5 days a week) Get Moving!" program and reap the benefits of improved health *and* tangible rewards.

Be one of the first 1,000 TPMG employees to meet the criteria – look for the survey soon. YOU could be a lucky "0 to 60 Get Moving!" participant.

For more information.
kplivewellbewell.org



EAT HEALTHY, EAT LOCAL, EAT FRESH

Eating more fruits and vegetables is part of good health. That's why Kaiser Permanente facilities host more than 25 farmers markets throughout Northern California, providing easy access to a colorful array of fresh fruits and vegetables while also supporting environmental stewardship.

FROM THE FARM TO YOU

There's no better way to find local, farm-fresh fruits and vegetables than by shopping at your local farmers markets.

Shopping at farmers markets will inspire you to choose healthy, fresh food more often and introduce you to new and unusual produce. Farmers markets also encourage you to buy seasonal foods, which are usually the best-tasting and most economical!

Farm-fresh fruits and vegetables are yours for the picking at farmers markets conveniently located at a KP medical center or nearby medical office building. Many of the markets are open year-round, and others will re-open for the season this month! To find the KP farmers market near you, just click here or go to <https://members.kaiserpermanente.org/redirects/farmersmarkets/in-northern-california.htm>.

Can't get to the farmers market? Sign up for The Fruit Guys to have delicious fresh fruit and vegetables delivered right to your workplace or home. Go to <http://fruitguys.com/kaiseremployees.shtml> to learn more and take advantage of the KP discount.

BEYOND PERSONAL HEALTH

The benefits of supporting farmers markets go beyond individual health to something larger: the well-being of an entire community. Prosperous small farms help ensure green spaces between towns and cities and conserve land for agriculture.

Farmers markets ensure produce travels fewer miles from farm to table, which means less pollution from transportation. When you buy locally grown food, you reduce the amount of fuel being burned and the amount of carbon emitted into the atmosphere.

For more information on healthy eating, go to kplivewellbewell.org and click on the Health Eating tab.



healthyworkforce
 For the people who power KP

wellness spotlight



Virginia Stevens –
Integrated Quality Services

I have made huge changes in my life. I now walk two miles a day and love it! I also acquired a puppy who keeps me moving. As of April 2013, I am 53 pounds lighter thanks to many positive changes. I walk my dog and do not keep bad food in the house. I have joined Weight Watchers, Mix It Up and KP Walk. Since I started walking, I had to have a hip injection and special knee brace made, but I am so committed to making the healthier changes and have persevered no matter what. I stopped drinking diet soda and coffee, and began snacking on fruit and vegetables and tracking everything I eat. I now listen more to my body and less to my mouth. I also have a wonderful support team that helps me stay true to my goals. My sisters, niece and I all text our points and share with each other nightly. My support team is there for me and only a text away. It is so important to have a support team since doing this alone would not hold me as accountable.

Thrive Wellness Walk Winners!

Congratulations to Lincoln MOB and Sacramento Medical Center for once again holding onto the title of WINNERS of the Thrive Wellness Walk Trophy!

Lincoln MOB had 95% participation and Sacramento Medical Center had 25% participation on Wednesday, April 24. They have now set the record of winning **three years** in a row.

Great job to all the employees and physicians for breaking away to walk. Keep your walking shoes handy so you can take advantage of this great weather.

WELLNESSCHECKLIST

Make YOU your number one priority.

Integrate healthy habits into your life

- Get 150 minutes of physical activity per week.
- Eat a variety of healthy foods daily (3–5 servings of fruits/vegetables). Look for “healthy picks” at the cafeteria or in vending machines.
- Stress less with daily meditation.
- Be mindful about your safety.
- Volunteer and give back to your community.

Use resources available to you

- Take action on your preventive screenings and immunizations at kp.org/mydoctor.
- Take the HealthMedia® Succeed™ Total Health Assessment at kplivewellbewell.org.
- Register for a kp.org user name and password at kp.org/register.
- Choose a personal physician if you don't have one at kp.org/mydoctor.
- View online tools at kplivewellbewell.org.

Broccoli and Tortellini Salad with Arugula Pesto



Makes 6 servings
Active Time: 30 minutes
Total Time: 30 minutes

Per serving: 445 calories;
23 g fat; 16 g protein

Ingredients

- 1 medium clove of garlic
- 5 cups of baby arugula
- ½ cup of shredded pecorino or Parmesan
- ¼ cup of extra-virgin olive oil
- ¼ cup plus 2 tablespoons of toasted pinenuts
- 2 teaspoons of freshly grated lemon zest
- ¼ teaspoon of salt
- 2 9- to 10-ounce packages of fresh cheese tortellini, preferably wholewheat
- 5 cups of small broccoli florets

Directions

1. Put a large pot of water on to boil.
2. With the motor running, drop garlic through the feed tube of a food processor; process until minced. Turn it off and add arugula, cheese, oil, ¼ cup pine nuts, lemon zest, and salt. Process until the mixture is fairly smooth and then leave it in the blender.
3. Cook tortellini in boiling water until just tender, 6 to 8 minutes or according to package directions. Place broccoli in a colander and set it in the sink. Reserve ½ cup of the pasta cooking liquid, then pour the tortellini and the rest of the cooking liquid over the broccoli in the colander. (Doing so turns the broccoli bright green and tender-crisp.)
4. Add the reserved ½ cup cooking liquid to the pesto in the blender; pulse to combine. Transfer tortellini and broccoli to a bowl. Toss with the pesto. Serve sprinkled with the remaining 2 tablespoons pine nuts.