



# live well be well

OUR COMMITMENT TO EMPLOYEE WELLNESS

SEPTEMBER 2014

## Heart Walk KP North Valley Team



Heart Walk.

Want to compete with your co-workers for a great cause? Form your teams today and let's get 1000 Kaiser Permanente physicians, staff and family members walking in the 2014 Sacramento Heart Walk!

You can form a department team or join the **live well be well**-North Valley team. All who sign up for a Kaiser Permanente team will receive a FREE KP shirt to wear at the Heart Walk.

Sign up today and help us meet our goal of 1000 Kaiser Permanente Heart Walker!

Go to [livewellbewellnvly.org](http://livewellbewellnvly.org) for more information.

For more information.  
[kplivewellbewell.org](http://kplivewellbewell.org)



## LET'S CELEBRATE TOTAL HEALTH

At Kaiser Permanente, we are dedicated to being the best place to work in health care — and being the best means having employees who feel supported and inspired about leading a healthy life. KP will host Live Well Be Well **Family Wellness Festivals** again this fall. You and your family are invited to join us as we celebrate our commitment to total health and wellness.

### FUN FOR ALL AGES

The Family Wellness Festival will showcase all six focus areas of Live Well Be Well — prevention, healthy eating, physical activity, emotional health and wellness, healthy workplace, and healthy community.

Come and enjoy games, music, giveaways, and healthy refreshments. There will also be healthy lifestyles demonstrations, information booths on a variety of wellness resources, and much more.

And with flu season right around the corner, we're making it easy for you and your family to get immunized against the flu by making flu vaccinations available at the event. Bring your employee ID badge, and KP Health Plan cards for you and your family to receive flu shots



### MARK YOUR CALENDAR

We encourage you and your family to join us at the Family Wellness Festival. Let's use this time to come together as a community — along with our families — and celebrate our commitment to wellness.

The event will be held on:  
**Saturday, October 4, 2014**  
**Sleep Train Arena, Home of Sacramento Kings**  
**11:00 a.m. to 3:00 p.m.**

To register, go to [livewellbewellnvly.org](http://livewellbewellnvly.org) and click on the link to the Family Wellness Festival. We encourage you to attend the festival where you work, but you are welcome to choose one that's convenient for you and your family. We look forward to seeing you there!



**healthyworkforce**  
For the people who power KP

# wellness spotlight



## Balancing Your Life: How Love and Affection Keep You Healthy

When life gets stressful, we often underestimate the power of touch to help us regain our sense of stability. Join Tracy Flanagan, MD, for an engaging presentation, “Balancing Your Life: How Love and Affection Keep You Healthy.” She’ll share the scientific health benefits of sex, the effects of aging and hormones on intimacy, and tips to help restore life balance to your life.

### SAVE THE DATE:

Date: Wednesday, October 8, 2014

Time: 12:30 to 1:30 p.m.

Webex to North Valley Conference Rooms

Healthy Lunch Provided

## KP Thrive Team Program

Ever dream of participating in a 5K, ½ marathon or even full marathon? What about hiking in the peaks of Tahoe? Or maybe train for your first century mile bike ride! If you are interested in any of these activities, then the **KP Thrive Team** is here for you!

The team offers **FREE** training programs to Kaiser Permanente employees, physicians, and their families and friends led by professional and certified coaches, and experienced biking and hiking leaders. Go to the **KP Thrive Team** link located under “Physical Activity” on the [livewellbewellnvly.org](http://livewellbewellnvly.org) website for more information.

We encourage you to THRIVE!

## WELLNESS CHECKLIST

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](http://kp.org/mydoctor).
- Take the HealthMedia® Succeed™ Total Health Assessment at [kplivewellbewell.org](http://kplivewellbewell.org).
- Register for a kp.org user name and password at [kp.org/register](http://kp.org/register).
- Choose a personal physician if you don’t have one at [kp.org/mydoctor](http://kp.org/mydoctor).
- View online tools at [kplivewellbewell.org](http://kplivewellbewell.org).

## Blender Gazpacho



Makes 6 servings  
Active Time: 20 minutes  
Total Time: 140 minutes

Per serving: 220 calories;  
11 g fat; 5 g protein

### Ingredients

#### Gazpacho

- 4 large tomatoes (about 2 pounds), cored and quartered
- 2 slices of country bread, torn into pieces
- 1 European cucumber, cut into chunks
- 1 green bell pepper, seeded, cut in chunks
- 1 large clove of garlic, halved
- 2 tablespoons of extra-virgin olive oil
- 2 tablespoons of red wine vinegar
- ¾ teaspoon of salt
- ½ teaspoon of freshly ground pepper

#### Croutons

- 3 slices of country white bread
- 1 clove of garlic, halved
- 2 tablespoons of extra-virgin olive oil
- ¼ teaspoon of freshly ground pepper
- 1/8 teaspoon of salt
- 1/8 teaspoon of dried thyme

### Directions

1. **Gazpacho:** Working in two batches, puree tomatoes, bread, cucumber, bell pepper, garlic, oil, vinegar, salt, and pepper in a blender until smooth. Transfer to a large bowl, cover, and refrigerate until chilled, at least 2 hours and up to 2 days.
2. **Croutons:** Rub both sides of each slice of bread with garlic. Cut bread into ½-inch cubes. Heat oil in a large skillet over medium heat. Add the bread and cook, stirring often, until crispy. Sprinkle with pepper, salt, and thyme. Serve the gazpacho garnished with the croutons.