



# live well be well

OUR COMMITMENT TO EMPLOYEE WELLNESS

MARCH 2012



## GET SMART ABOUT BEHAVIOR CHANGE

Sheri Pruitt, PhD, is the director of Behavioral Science Integration at KP Sacramento, a clinical and scientific consultant for the Medical Weight Management Program, and the creator of KP's online HealthCoach program. And she's also about to become your own personal advisor.

### IT'S ALL ABOUT THE HOW

Dr. Pruitt is the featured KP expert on Live Well Be Well's tour this year. She's gassing up her car and grabbing her index cards before visiting all 19 medical centers and Regional Offices to deliver a 30-minute lecture titled "Stop Telling Me What—Tell Me How," about behavioral change and how to sustain it.

The first thing to know about Dr. Pruitt is that she is on the side of people struggling to make change. "In health care we are always seeing people struggling—with how to lose weight, stop smoking, and so forth. I struggle, too. That is human."

What's also human is the many ways we fall off that diet or pick up that cigarette pack again.

But Dr. Pruitt says change is possible, beginning with behavior. It's simple—and SMART.

SMART stands for **S**et a goal, **M**onitor your progress, **A**rrange your environment, **R**ecruit someone to support you, and **T**reat yourself for your success.

### 'SMART' BEHAVIOR

For example, the goal should be something that you can see and count—such as calories if you are on a diet.

It should also be short-term, to make it manageable and see how it works. Arranging your environment means clearing your house—and desk, and car!—of fatty foods, for instance. Family and friends can lend that support, by keeping high-calorie snacks out of sight. The treat, finally, is something low-cost and pleasurable. (But not food!)

"Everybody knows what to do to be healthy because we are bombarded," said Dr. Pruitt. "And a lot of people are motivated. This goes beyond motivation or willpower. It's a strategy and structure that people need to guarantee them success."



**The Game Is On**  
Join us for our annual Walk to Thrive  
Wednesday, April 25

**Sacramento and Roseville Medical Centers:**

7:45-8:15a.m & 12:45-1:15 p.m.

**All North Valley Facilities:**

12:45-1:15 p.m.

**Competition: Which facility can have the highest percentage of walkers!**

Roseville Medical Center against Sacramento Medical Center, Medical Office Building and other facilities compete against each other

The gauntlet has been thrown!

We know there are a lot of competitive people out there, so let's find out which facility will win the **Perpetual Thrive Wellness Walk Trophy!**

**Will Sacramento Medical Center keep the trophy?**

**Will Lincoln be dethroned?**

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



**healthyworkforce**  
For the people who power KP

# wellness spotlight



## Everybody Walk!!

Make Walking a Prescription for Life!

Thank you to Dr. Sallis for a wonderful and captivating "Every Body Walk" presentation!

Kaiser Permanente physician, Bob Sallis, MD, a family physician and sports medicine expert, encourages his patients to take charge of their health by exercising. Dr. Sallis, who has a busy practice at Kaiser Permanente in Southern California, prescribes walking as a front line medication to his patients to put them on the path to better health. Need convincing as to why you should walk?

Watch Dr. Sallis's presentation at <http://livewellbewellnvly.org/>

## Employee Health Fairs

The 8<sup>th</sup> annual employee health fairs are coming to your facility. All employees and physicians are encouraged to participate in these fun and informative events. Come find out about **YOUR** health. Are you taking care of yourself? Is there something you can change or do differently? The health fairs are a great and easy way to check in on your health as well as finding out what services are available to you. Music, fitness evaluations, games, and interactive activities will make it an event not to be missed. Internal and external vendors will be present to provide information as well as great give aways. Everyone who participates in the biometric screenings will receive a great gift. Come check it out and bring a friend!

## April Health Fair Dates (May Dates to come)

Tuesday April 3	CDRP CR 3	Noon to 2 p.m.
<b>Wednesday April 4</b>	<b>Fair Oaks MOB CR C</b>	<b>10a.m. - 2p.m.</b>
Tuesday April 1	Sac Med Center CR 1	8 a.m. - 8p.m.
<b>Wednesday April 18</b>	<b>Sac Med Center CR</b>	<b>8a.m. - noon</b>
Thursday April 19	Point West MOB Lobby	10a.m - 2 p.m.
<b>Friday April 20</b>	<b>Sac Med Center CR 1</b>	<b>2a.m. - 4a.m.</b>
Monday April 23	Riverside MOB Phys CR	10 a.m.- 2 p.m.
<b>Tuesday April 24</b>	<b>Rancho MOB CR 1A&amp;B</b>	<b>10a.m. - 2 p.m.</b>
Friday April 27	Rad Onc (Gibson) CR	1:30 p.m. - 3:30 p.m.
<b>Monday April 30</b>	<b>Folsom MOB Lobby</b>	<b>10a.m - 2p.m.</b>

## Chickpea, Spinach & Squash Gnocchi



Makes 4 servings  
Active Time: 35 minutes  
Total Time: 35 minutes

Per serving: 458 calories;  
7 g fat; 15 g protein

### Ingredients

- 1 pound of frozen or shelf-stable gnocchi
- 1 tbsp plus 1 tsp of extra-virgin olive oil
- 2 cups of thinly sliced, peeled butternut squash or unpeeled delicata squash (1- to 2-inch-long slices)
- ½ cup of sliced shallots (1-2 medium)
- 2 cloves of garlic, minced
- 1 14-ounce can of vegetable broth
- 2 tbsps of currants
- 1 tbsp chopped fresh sage or 1 tsp dried
- ¼ tsp of freshly ground pepper
- 8 cups of fresh spinach, coarsely chopped
- 1 15-ounce can of chickpeas, rinsed
- ¼ cup of balsamic vinegar reduction or 2 tbsps balsamic vinegar

### Directions

1. If using frozen gnocchi, cook in large pot of boiling water according to package directions. Drain, rinse, and pat dry. (If using shelf-stable gnocchi, skip this step.)
2. Heat 1 tablespoon oil in large nonstick skillet over medium heat. Add gnocchi and cook, stirring often, until starting to brown, 5 to 7 minutes. Transfer to a bowl.
3. Add remaining 1 teaspoon oil, squash, shallots, and garlic to pan and cook, stirring, for 2 minutes. Stir in broth, currants, sage, and pepper. Bring to a boil. Reduce heat to simmer and cook, stirring, until squash is almost cooked through, 6 to 8 minutes. Add spinach, chickpeas, and gnocchi and cook, gently stirring, until spinach is wilted, about 2 minutes more. Serve drizzled with balsamic reduction (or balsamic vinegar).