

live well be well



North Valley Family Wellness Event

Saturday, September 24, 2011

Raley Field

During this Family Wellness Event, all participants will have the opportunity to complete a **live well be well Passport to Health**.

Enjoy completing this **live well be well Passport to Health by participating in five out of the six wellness categories**. Participation is entirely voluntary.

Everyone who submits a completed passport will be eligible for **live well be well** logo raffle items; physicians and KP staff will be entered into a raffle for iPad2s.

Follow these instructions to complete the **Passport to Health**:

- Participate in one qualifying activity in five of the six wellness categories for which you will receive a **live well be well** sticker.
- Clearly write all contact information on the back cover.
- Drop off your completed passport at the Information Center near the main entrance.
- Be present to win all raffle prizes except for the iPad2s; the iPad2 raffles will take place on Monday, September 26th.

Passport to Health Wellness Categories:

Dots indicate activities that qualify for passport completion by category.



Healthy Eating

- Farmers' Market purchase ●
- Elective Services – Medical Weight Management Exhibit ●
- Nutrition Quiz Exhibit ●
- Cooking Demonstration ●
- Plant a Take-Home Herb Garden ●
- Active Kids ●
- Solutions – KP Weight Loss Program Mini-Seminar (suite level) ●
- Bike Blender – Make a Healthy Mini-Smoothie
- Weight Watchers Exhibit

Physical Activity

- Zumba Class (suite level) ●
- Relay Race ●
- Volleyball Game ●
- Physical Therapy Demonstration ●
- Zumba for Kids ●
- Drums Alive ●
- Pilates Class (suite level) ●
- Rock Climbing Wall ●
- Run the Bases – *KIDS ONLY* ●
- Bounce House – *KIDS ONLY* ●
- KP Thrive Training Team Exhibit
- Fleet Feet Exhibit
- Sac Fit Exhibit
- Curves Exhibit
- California Family Fitness Exhibit

Prevention

- Women's Health Exhibit ●
- Pediatrics Exhibit ●
- KP Educational Theatre (roving actors) ●
- Black Light Hand Washing Station ●
- Healthy Sleep Tips Exhibit ●
- Body Composition (suite level) ●
- Blood Pressure Screening (suite level) ●

Emotional Health and Wellness

- Five Minute Chair Massage ●
- Behavioral Health Education Exhibit ●
- Employee Assistance Program Exhibit ●
- KP Benefits & Vanguard Exhibit ●
- Yoga Demonstrations (suite level) ●
- Hula Hoop or Beach Ball Competition – *KIDS ONLY* ●
- Carnival Booths – *KIDS ONLY* ●
- Sacramento Credit Union Exhibit

Healthy Workplace

- BUG – Bicycle Users Group Exhibit ●
- Complete a Total Health Assessment (suite level) ●
- Green Team Exhibit ●

- live well be well Exhibit ●
- Workplace Safety Ergonomics Exhibit ●
- Flu shot (suite level) ●
- Sacramento Regional Commuter Club Exhibit

Healthy Community

- Run for Courage Exhibit ●
- Community Link – 211 Exhibit ●
- Cure Breast Cancer, Inc Exhibit ●
- KP Public Affairs – Community Benefits Exhibit ●
- KP Diversity Team Exhibit ●
- Healthy Hands Art Work *KIDS ONLY* ●
- Face Painting *KIDS ONLY* ●
- American Cancer Society Exhibit
- Mustard Seed Spin Exhibit