



Getting in Balance

Healthy weight programs and resources for adults

Staying healthy at any weight involves eating well-balanced meals, getting plenty of physical activity, and taking care of yourself.

We have many healthy living programs to help you work toward balance. Choose the program that best fits your lifestyle to reach and maintain your healthy weight goal.



Classes

VIRTUAL WEIGHT CONTROL

 Learn how to make smart food choices that fit your lifestyle in this 90-minute group session. To register, call **800-777-7904**, TTY **711** or visit kp.org/appointments and log-in to your secure account. Select "schedule appointment" and choose "Health Education Classes & Programs, then click "Healthy Living Classes," then choose "Virtual class - weight control" from the menu. Continue to follow the prompts to schedule and confirm your online appointment. Within one week prior to the class, you will receive a secure message reconfirming your appointment and providing you instructions on how to connect virtually to the online class.

ON-DEMAND CLASS: WEIGHT CONTROL

Not able to attend the virtual class? Watch this pre-recorded class to understand the benefits of losing weight, explore weight loss tools, learn how to be active every day, determine how to set a realistic weight loss goal, and learn how to make your own action plan. To view the class:

- Visit kp.org/classes
- Select "weight" in the drop-down menu of topics

- Click on "On-demand class: weight control" and follow the instructions to view the pre-recorded class

DIABETES MANAGEMENT

VIRTUAL INSTEP WITH DIABETES

1-session class, 90 minutes

Designed for people with diabetes & their families focusing on skills needed for living healthy with diabetes such as blood sugar control and goals, pattern management, and making healthy choices. It also teaches you to make sense of blood glucose monitoring results.

VIRTUAL DIABETES NUTRITION

1-session class, 90 minutes

Designed for people with diabetes and their families focusing on nutrition components such as meal timing, carbohydrate/fat intake, food selection portion control and exercise.

To register, call an appointment representative, 24 hours a day, 7 days a week, at **703-359-7878** or **800-777-7904**. You can register for InSTEP online at kp.org/scheduleappointment/mas

*For most online programs, you must be registered at kp.org/register.



Online resources*

HEALTHY LIFESTYLE TOOLS

 Get a personal online plan to help reshape your lifestyle and improve your health at kp.org/healthylifestyles. Fill out an online survey to receive a custom guide based on what you have told us about yourself. We will follow up with personal e-mail newsletters to help you stay on track and measure your success!

- **Assess your total health** – Take a look at the health choices you make each day with the Total Health Assessment and how your lifestyle measures up for good health.
- **Get your personal weight management program** – Learn personal strategies to help reach your ideal weight with a program that has helped people lose weight and keep it off.

Featured weight management health topic

Our weight management health topic brings together our programs and resources in one place. Visit kp.org/weight to learn more.

- **Use your nutrition plan** – Start a personal plan for making smart and tasty food choices to help increase energy, manage weight, and live a healthier life.
- **Tame your daily stress** – Find personal tips to help relieve and prevent stress.

Healthy weight calculator

 Use to find your body mass index and learn about your healthy weight range. Visit kp.org/calculators.

Recipes



Looking for ways to make healthy, delicious meals? Visit kp.org/recipes for recipe ideas and much more!

Videos and podcasts



Browse our videos and podcasts for a healthy dose of information and inspiration to help manage your weight at kp.org/watch and kp.org/listen.

Talk with a wellness coach by phone



Your wellness coach can help you make and stick with a plan for reaching your healthy weight goals. Better yet, you don't even have to leave home! You and your coach talk one-on-one by phone at a time that works for you. To schedule your phone appointment, visit kp.org/appointment or call **800-777-7904**, TTY **711**.

The Center for Healthy Weight & Lifestyle Medicine

The Center for Healthy Weight and Lifestyle Medicine is designed to help members who are interested in weight management, connect with different classes and programs that offer support for weight loss, reversing and controlling chronic conditions, and possibly decrease the need for medicine use. With each offering, participants learn strategies to help them reach their weight goals and develop long-term lifestyle habits. For more information call **800-777-7904**, TTY **711**, or visit kp.org/appointments to register for a class.

Additional resources

ORGANIZATIONS

- **Weight-control Information Network (WIN)** – Produces materials on obesity, weight control, nutrition and physical activity. niddk.nih.gov or call 202-828-1025.
- **President's Council on Physical Fitness and Sports** – Provides information about physical activity, fitness, sports and health. fitness.gov or call 202-690-9000.
- **American Institute for Cancer Research** – Provides information on the link between weight and cancer, and offers many brochures on ways to achieve a healthy weight. aicr.org or call 202-328-7744.
- **Academy of Nutrition and Dietetics** – Provides information on how to plan ahead as well as cooking and weight loss tips, and resources that can help you control your weight. eatright.org.

WEBSITES

- **kp.org/weight** – Link to Kaiser Permanente's online source for information on weight management
- **calorieking.com** – Provides information on weight control, exercise and healthy living.
- **choosemyplate.gov** – Provides practical information and tips to help build healthier diets.
- **collagevideo.com** – Wide selection of exercise videos.
- **cookinglight.com** – Combines great taste and good health with lots of easy recipes.
- **eatingwell.com** - Provides basic meal planning.
- **fitday.com** – Provides free online diet journal.
- **healthydiningfinder.com** – Allows users to search for healthy restaurants across the U.S.
- **oa.org** – Provides a program of recovery from compulsive overeating addressing physical, emotional and spiritual well-being.
- **tops.org** – Weight control support group.
- **weightwatchers.com** – Commercial weight control program.

For additional support, check with your local community organizations to learn about their nutrition and exercise programs and resources.

MOBILE APPS

- **BMI Calculator** – (iPhone) – Try this BMI (Body Mass Index) calculator from the National Heart, Lung, and Blood Institute (NHLBI). This app also contains links to resources on the NHLBI website.
- **7 Minute Workout** – (iPhone and Android) – Get moving even with a busy schedule with these short exercises.
- **Calorie Counter & Diet Tracker by MyFitnessPal** – (iPhone and Android) – Log your meals and track your calories and exercise.
- **Instant Heart Rate** – (iPhone and Android) – Check your pulse and find out if you are reaching your target heart rate during workouts.
- **Pacer** – (iPhone and Android) – Track your steps and calories.
- **Lose It!** – (iPhone and Android) - Set diet goals and track your progress in meeting them.

BOOKS

- *Cooking Light Cookbooks*, Oxmoor House. Combine good taste with good health.
- *Weeknight Wonders: Delicious, Healthy Dinners in 30 Minutes or Less* by Ellie Krieger. Provides healthy recipes made with simple ingredients that take 30 minutes or less to prepare.
- *Lighten Up* by Elaine Magee. Provides low-fat versions of favorite high-fat recipes.
- *Eat What You Love: Quick and Easy* by Marlene Koch. Great recipes that are low in sugar, fat, and calories.
- *Quick & Healthy Recipes and Ideas: For People Who Say They Don't Have Time to Cook Healthy Meals* by Brenda Ponichtera. Healthy recipes that are easy to fix along with practical tips on how to get started.
- *Skinny One-Pot Meals* by Ruth Glick. Over 100 main dish, soup and salad recipes that are delicious, nutritious, and easy-to-make.

HEALTH ENGAGEMENT

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