



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



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.
- **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.

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

KP.ORG/DOCTOR - EMMI® PROGRAMS

Emmi® programs are a series of web-based programs that educate participants and encourage them to take an active role in their care. Emmi programs add to the information you may receive during your office visit or hospital stays. Try one of these Emmi programs below:

- Diabetes: Carbohydrate (Carb) Counting
- Diabetes: Nutrition and Healthy Eating
- Nutrition
- Nutrition: Basics
- Nutrition: Fueling Your Body
- Nutrition: Plate Method
- Nutrition: Sugary Drinks & Alcohol

To view an Emmi program, go to kp.org/doctor and search for your doctor. Under the Quick Links section of their page, click on "Emmi Videos: Prepare for Your Procedure or Care for your Condition/Overall Health." Once you enter the registration information requested, scroll down to find the videos mentioned above.

KP.ORG/CHOOSEHEALTHY

Learn about a variety of services provided by American Specialty Health Networks, Inc. (ASH Networks). You can receive discounted rates on fitness club memberships.

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.

EVERYBODYWALK.ORG

Every Body Walk! is an online educational campaign aimed at getting Americans up and moving. Through the help of our partners, Kaiser Permanente is working to spread the message that walking 30 minutes a day, five days a week, really can improve your overall health and prevent disease. You can find resources on walking, health information, walking maps, how to find walking groups, and much more!

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 or kp.org/foodforhealth 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 Health Resource Coordinator by phone

Your resource coordinator 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 coordinator 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.



Have a personal nutrition consultation

A nutritionist can help you change your current diet so you can better manage your weight. A referral is required by your doctor and you may have a co-pay for the visit. Call (703) 359-7878 or (800) 777-7904, toll-free, to schedule a nutrition consultation.

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.

WEBSITES

- kp.org/weight – Link to Kaiser Permanente’s online source for information on weight management
- americaonthemove.org – Provides simple ways to improve daily eating and activity.
- 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.
- eatright.org – Provides nutrition tips and fact sheets from the Academy of Nutrition and Dietetics.
- fitday.com – Provides free online diet journal.
- healthierus.gov – Government sponsored site with information on fitness, nutrition and disease prevention.
- 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.

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.

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

HEALTH ENGAGEMENT

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