

# Lifestyle Medicine

KAISER PERMANENTE • DIABLO SERVICE AREA • LIFESTYLE MEDICINE DEPARTMENT



## Online Classes

### Plant-Based 101

In this 1-session class, learn why you should consider a whole food plant-based lifestyle. Discover how it can improve your quality of life and prevent or reverse chronic diseases such as diabetes and heart disease. Completion of this class is required to enroll in Plant Strong or Health Achieved Through Lifestyle Transformation (HALT).

### Plant Strong

In this 12-session program, learn how to implement a whole food plant-based lifestyle so you can feel happier and more energetic, and prevent or manage chronic conditions like diabetes and heart disease. Discover how to add more nutrient-dense fruits and vegetables to your meals, minimize consumption of processed foods, and eat intuitively. Learn how to upgrade other lifestyle habits that are essential for optimal health: exercise, sleep, stress management, and social connections.

## Online Resources

### [kp.org/mydoctor](https://kp.org/mydoctor)

- Search “Plant-based”
- Email your doctor
- Schedule routine & lab appointments
- View most recent lab results

[kpdoc.org/wholefoodplantbased](https://kpdoc.org/wholefoodplantbased) – plant-based eating videos

[kp.org/recipes](https://kp.org/recipes) – healthy recipes ideas

[kp.org/farmersmarket](https://kp.org/farmersmarket) – find a farmers’ market near you

[kp.org/exercise](https://kp.org/exercise) – sign up for unlimited on-demand workout videos at no cost

[kp.org/selfcare](https://kp.org/selfcare) – self-care tools, tips, and activities

[kp.org/healthylifestyles](https://kp.org/healthylifestyles) – personalized online programs to help you create an action plan to reach your health goals

[forksoverknives.com](https://forksoverknives.com) – recipes, meal planning and cooking ideas

[pblife.org](https://pblife.org) – variety of resources and recipes for a plant-centered lifestyle

[kickstart.pcrm.org](https://kickstart.pcrm.org) – 21-day vegan kickstart meal plan

[nutritionfacts.org](https://nutritionfacts.org) – latest updates on nutrition research

[nutritionstudies.org](https://nutritionstudies.org) – whole food plant-based resources and recipes

[ewg.org](https://ewg.org) – shoppers guide on avoiding pesticides

### KP Online Store



Purchase health products recommended by your provider  
Visit [kponlinestore.com](https://kponlinestore.com) or call 925-556-4297

Lifestyle Medicine is the use of evidence-based lifestyle approaches, such as a whole food plant-predominant dietary lifestyle, regular physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connection as a primary therapeutic modality for treatment and reversal of chronic diseases.



## Lifestyle Medicine Department

925-779-5444



### Health Achieved Through Lifestyle Transformation (HALT)

In this 20-week medically monitored program (10 group sessions and 10 coaching appointments), our goal is to treat and reverse diabetes and coronary artery disease. Learn how to implement a whole food plant-based lifestyle, as well as improve lifestyle habits like increasing physical activity, improving sleep and managing stress. Only for members who have diabetes with an A1C 8-10% or coronary artery disease.



### Culinary Medicine: Eat More Plants

Eating healthy doesn't have to be time-consuming or complicated! Discover some insider tips, tricks, and short cuts to make meal preparation a snap. Expand your cooking skills and learn about specific foods that taste delicious while improving your health. In this class, you will observe how to prepare 3 simple, healthy, and flavorful recipes from start to finish. You will walk away with a variety of ideas on how to spruce up your meal plan while supporting your healthy lifestyle goals! *Open to the community.*



### Kick Flavors Up a Notch

Less salt, less fat, sugarless, and meatless — eating healthy doesn't have to be flavorless. On the contrary, it's about abundance — whole foods, rich in plants, a rainbow of colors, and full of flavor. Learn how to add flavor to plant-forward dishes without relying on processed seasonings. Train your taste buds to balance salty, sweet, sour, and umami. Master the fundamentals of global flavor notes so you can save time in composing your own delicious symphonies. *Open to the community.*



### Doctor's Orders: Take Your Pulses

Pulses are the dried seeds of legume plants — beans, lentils, and dried peas. Just half a cup a day of this affordable plant-based protein can help you to maintain a healthy weight and reduce your risk of chronic diseases. Learn about the wide range of pulses that you can incorporate into your diet, from starring in an entrée to blending into the background of desserts. Cook from dried, open a can, or freeze ahead — choose the option that works best for your lifestyle! Expand your culinary horizons with pulse dishes from around the world. *Open to the community.*



### Cooking with Tofu

Like a classic button-down white shirt, tofu is adaptable and can be dressed up or down. Take it to a casual picnic in "egg" salad or make it fancy with a lemon caper sauce. From breakfast scrambles to hearty stews to decadent desserts — tofu's neutral flavor can go sweet or savory. Its countless variations in texture include creamy, crispy, and spongy. Tofu can play with flavors from around the globe, from Thai curry to Italian parmesan to Jamaican jerk. *Open to the community.*

Call the Lifestyle Medicine Department at 925-779-5444 for class schedules, registration, and fees, if applicable.

**To protect our members and community, class offerings are subject to change based upon local guidelines & policies.**