



Stay Active!

fitness resources

Being active is being healthy. Our doctors consider exercise a "vital sign" for all patients.

Kaiser Permanente • Fremont • Hayward • San Leandro • Union City

Taking the first step

Regular physical activity - at least 150 minutes each week - can help you feel better, maintain a healthy weight, and reduce your risk of heart disease, stroke, diabetes, osteoporosis, and certain cancers. Exercising is an important part of your overall health, and makes a big difference in how you feel every day. Find something you enjoy. Set a small goal to start. Work up to 150 minutes a week. Have fun!

Walking

Walking is one of the best forms of exercise. Consider joining an organized walk, walking group, or a partner to support you in your walking goal.

- Find organized walks or runs: [active.com](https://www.active.com)

Aquatic Exercise programs & facilities

- [newark.org](https://www.newark.org) Silliman Activity and Aquatic Center (510) 578-4620
- [sanleandro.org](https://www.sanleandro.org) Search by keywords Recreation and Human Services, or pool, or aquatics
- [zumba.com](https://www.zumba.com) Click on Classes, then Aqua Zumba®

Adult Schools, Colleges, Senior Centers

- Fremont: www.face.edu (510) 793-6465
 - Community Education has fitness classes.
- Colleges
 - [chabotcollege.edu/](https://www.chabotcollege.edu/) (510) 723-7484
 - Search by Fitness Center or Physical Education
 - [ohlone.edu/pe](https://www.ohlone.edu/pe) (510) 659-6000
 - Search by Physical Education, Fitness Center, and Wellness Center. Wide variety of classes
- Senior Centers
 - Castro Valley, Hayward
 - [haywardrec.org](https://www.haywardrec.org) (510) 881-6700
 - Fremont: Age Well Center at Lake Elizabeth
 - [fremont.gov](https://www.fremont.gov) (510) 494-4300

Online/Virtual Classes and Resources

Most organizations listed on this page are offering online/virtual fitness classes.

- [arthritis.org](https://www.arthritis.org) View the Healthy Living section. (800) 283-7800
- [ebparks.org](https://www.ebparks.org) Free multicultural fitness classes
- [everybodywalk.org](https://www.everybodywalk.org)
- Fitness tracking apps (Example: Strava)
- Fitness workout apps (Example: PF app)
- [meetup.com](https://www.meetup.com)
- [ymcaeastbay.org](https://www.ymcaeastbay.org) Virtual Y fitness
- [zumba.com](https://www.zumba.com) View by class type, location, instructor

Parks and Recreation

- [ebparks.org](https://www.ebparks.org) (888) 327-2757
 - Bike, swim, kayak, sail, hike, archery, and more.
 - Trails for all ages and abilities.
 - Annual Trails Challenge for adults and kids (free).
- [fremont.gov](https://www.fremont.gov) Recreation Services (510) 494-4300
- [haywardrec.org](https://www.haywardrec.org) (510) 881-6700
- [newark.org](https://www.newark.org) Recreation and Community Services (510) 578-4000
- [sanleandro.org](https://www.sanleandro.org) Recreation and Human Services (510) 577-3462

YMCA of the East Bay

- Oakland: www.ymcaeastbay.org (510) 451-9622
- Get Outside with the Y! outdoor fitness

Health Clubs and Fitness Centers

For a health club or fitness center near you, please search online.

For people who have a disability

- Bay Area Outreach and Recreation Program:
 - [borp.org](https://www.borp.org) (510) 849-4663
- Chabot-Las Positas Community College District:
 - [chabotcollege.edu/dsrc/adaptedpe.asp](https://www.chabotcollege.edu/dsrc/adaptedpe.asp)
- National Center on Health, Physical Activity & Disability: [nchpad.org](https://www.nchpad.org) (800) 900-8086

Kaiser Permanente Resources for Fitness



Wellness Coaching by Phone

A personal coach can increase your likelihood of success by helping you create—and stick with—a plan for long term health.

Call 1(866) 251-4514 (toll free), 6 a.m. until midnight daily, to schedule your phone appointment. Sessions are available in English and Spanish. No additional cost for members.

kp.org/mydoctor/wellnesscoaching

Online Resources

Safety always comes first. *Before you begin any new exercise program, check with your doctor.* Many conditions including those listed below may require special guidance or adjustments to make sure that your exercise program is healthy and safe for you.

- kp.org/fitness - your get-fit toolkit
- kp.org/mydoctor/healthyhabits
- kp.org/mydoctor - read tips on exercise topics
 - [Types of Exercise](#)
 - [Asthma: How to Manage Asthma](#) (p. 33, Asthma and Physical Activity)
 - [Diabetes: How to Exercise Safely with Diabetes](#)
 - [Osteoporosis: Stay Active and Exercise to Stay Strong](#)
 - [Prenatal: Stay Active during Pregnancy](#)
 - [Postpartum: Exercise after Childbirth](#)
 - [Teens: Eating and Exercise for Teens](#)
- Stay Active:
thrive.kp.org/thrive-together/stay-active
- A Personalized Online Plan:
kp.org/healthylifestyles

Virtual Workouts

- [Center for Healthy Living - KP Southern California](#)
- [KP Southern California partner Positive Choice Integrative Wellness Center](#)

Reduced Rates for Members

Choose Healthy

kp.org/choosehealthy Save on services from a national network of fitness facilities and exercise centers

Classes and Gear

- kp.org/exercise
 - Active & Fit Direct
 - ClassPass
 - ChooseHealth

Healthy Living Centers (Health Education)

- Fremont (510) 248-3455
 - San Leandro (510) 454-4531
 - Union City (510) 675-4531
- kp.org/southernalamedacounty Select Health Resources

Each Center offers fitness-related information for adults and kids, including a selection of fitness books and DVDs for sale. Pamphlets and handouts are no charge.

- Exercise & Physical Activity: Your Everyday Guide (book) by National Institute on Aging; free
- My Doctor Online: Our staff can help you find what you're looking for.
- Stretching (book)
- Movement DVDs for adults all ages at various fitness levels - including chair dancing, and qi gong

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse any brand names; any similar products may be used. Herbs and supplements are sold over-the-counter. Kaiser Permanente carries only herb categories for which some evidence exists to show that the herbs may be effective to treat certain medical conditions.

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