

# HEALTH EDUCATION at a glance

# EXERCISE RESOURCES

Fairfield: 707.427.4466 • Napa: 707.258.4490 • Vacaville: 707.624.2225 • Vallejo: 707.651.2692  
[kp.org/napasolano/healthed](http://kp.org/napasolano/healthed) • [twitter.com/kphealthed](https://twitter.com/kphealthed) • [askahealtheducator@kp.org](mailto:askahealtheducator@kp.org)

Program	Description	Referral Needed	Facilities	Cost
<a href="#">Fitness Products</a>	Equipment available in the store at Health Education. Items Include: Stretch bands, foam rollers, exercise balls, Dyna Discs etc.	<b>No</b>	Fairfield, Napa, Vacaville	Varied
<a href="#">Body Composition Analysis</a>	Helps you to know your body composition to know your proportion of lean muscle versus fat in your body.	<b>No</b>	Fairfield, Napa, Vacaville, Vallejo	\$20*
<a href="#">Resting Metabolic Rate Testing</a>	The RMR test measures how many calories your body burns every day and provide an accurate caloric target zone for your specific goal.	<b>No</b>	Vacaville	\$50*
<a href="#">Yoga for Emotional Health</a>	A combination of breathing practices, gentle yoga postures, and guided visualizations. This class is suitable for individuals with physical limitations and chronic conditions.	<b>No</b>	Vacaville, Vallejo	\$35/6 weeks*
<a href="#">Qi Gong</a>	A series of movements designed to promote healthy circulation. Qi gong can be modified for persons with physical limitations.	<b>No</b>	Vallejo	\$35/4 weeks*
<a href="#">Every Body Walk!</a>	Adding steps each day to help you lose weight, fight stress and increase your energy. Download the Every Body Walk! App. <a href="http://kp.org/10000steps">kp.org/10000steps</a>	<b>No</b>	iTunes, Google Play	Free
<a href="#">Member Discount Programs</a>	Discounted gym memberships, chiropractic and massage services, and much more. <a href="http://kp.org/choosehealthy">kp.org/choosehealthy</a>	<b>No</b>	Online	Discounts vary
<a href="#">Online Health Coach: Let's Get Physical</a>	Personalized video coaching that comes to your computer. Each session takes about 8 minutes and can be reviewed at any time. <a href="http://kp.org/healthcoach">kp.org/healthcoach</a>	<b>No</b>	Online	Free
<a href="#">Body Mass Index (BMI) Calculator</a>	Use our online tool. Enter some basic information and find your healthy weight. <a href="http://kp.org/calculators">kp.org/calculators</a>	<b>No</b>	Online	Free

\*Program fees are subject to change and may depend on your health plan coverage. Please refer to your current *Evidence of Coverage (EOC)* to confirm the services covered under your plan.