Weight Management, Nutrition & Fitness Resources

Managing Your Weight (1 Session) * 415-833-3450
This workshop will help you determine the best way to achieve your weight loss goals based on proven principles and your unique needs. We will help you develop a plan that includes resources to help you every step of the way.
Fee: No fee for members (members only)

Healthy Weight 1 Series (6 Sessions) * 415-833-3450
Discover the confidence and skills you need to reach and maintain a healthy weight. This 6-session, in-person program covers healthy eating for weight loss, making physical activity a part of your daily life, building a strong support network, and coping with stress.
Fee: No fee for members & $125 for non-members

Healthy Weight 1 Online Series * (6 Sessions) 415-833-3450
Join an instructor-led class right from your own computer. Learn to adopt healthier behaviors and attitudes for long-term weight loss. Connect with others who are also working to lose weight. To participate, you will need a computer, internet connection, and a phone (landline or cell phone).
Fee: No fee for members

Medical Weight Management Program * 415-833-3808
If you have at least 40 pounds to lose and want to make positive, lasting changes that improve your health, increase your energy level, and help you get the most out of life, this medically-supervised weight management program might be the answer for you. It features low-calorie meal replacements, medical monitoring, and weekly support sessions. No referral required.

To learn more, visit kphealthyweight.com Attend an orientation session; fees and program structure will be explained at the orientation.

The Thrive Kitchen 415-833-3450
Food is one of the most powerful tools you have to improve your health. Join physician and chef Linda Shiue in this hands-on class. You’ll learn to make globally inspired, seasonal cuisine. At the end of the class you’ll enjoy the meal you’ve prepared. A different menu is offered each month.
Fee: $30 for members & $40 non-members

Individual Counseling * 415-833-3450
Our Clinical Health Educators (CHEs) are here to provide individual guidance and support for a range of health concerns, including weight management, stress, chronic conditions and tobacco cessation.
Fee: No fee for members (members only)

Telephonic Wellness Coaches 1-866-251-4514
Get the motivation and guidance you need to take an active role in your health. Whether you’re trying to get active, eat better, manage your weight, quit tobacco, or handle stress, your personal coach can help you create a plan. You and your coach talk by phone at a time that’s convenient for you.
Fee: Free for members

Personal Health Coaching 415-833-7800
The Personal Health Coach Program provides customized, one-on-one nutrition and fitness testing and coaching. Services include metabolic rate testing, body composition testing, fitness testing, nutritional assessment, and exercise coaching.
Fee: Rates vary based on service & package

* For Providers, resource is direct bookable via eConsult: San Francisco-Health Education
Fitness and Movement Options:

**Feldenkrais Movement (6 Sessions)**
For people with chronic muscle and joint conditions who want to learn gentle movement exercises to ease and to improve their daily functioning.
**Fee:** $41 for members & $58 for non-members
**Offered:** Monday or Tuesday evenings

**Fitness for Women (8 Sessions)**
This exercise program combines low impact aerobics, strength exercises, and flexibility training. Participants will improve their overall physical and mental well-being.
**Fee:** $59 for members & $92 for non-members
**Offered:** Tuesday & Thursday evenings

**Gentle Yoga (5 Sessions)**
This program is intended for those with chronic conditions, limited movement or difficulties with balance. The gentle, soothing poses in this class are helpful for experienced yoga students and safe for beginners.
**Fee:** $27 for members & $39 for non-members
**Offered:** Monday evenings

**Pilates (6 Sessions)**
Pilates helps improve posture, build firm abdominal muscles, prevent back injuries, and increase joint mobility. All levels welcome.
**Fee:** $48 for members & $70 for non-members
**Offered:** Wednesday or Thursday evenings
Available at French Campus & Mission Bay Campus

**Qi Gong (10 Sessions)**
Enhance your everyday life and health with Qi Gong. Learn to develop energy and balance your mind, body, and spirit. Reduce your stress, pain, and symptoms of chronic ailments. All levels welcome.
**Fee:** $67 for members & $97 for non-members
**Offered:** Wednesday evenings

**Tai Chi Chih (7 Sessions)**
Performed as though swimming through very heavy air, the 19 movements and 1 pose of T’ai Chi Chih are designed to circulate and balance the energy of the body, promoting health and wellness from the inside out.
**Fee:** $53 for members & $77 for non-members
**Offered:** Saturday mornings

**Yoga (8 Sessions)**
This program is based on a variety of yoga postures emphasizing stretching and toning muscles, relieving tension, and cultivating mind body awareness.
**Fee:** $53 for members & $77 for non-members
**Offered:** Tuesday or Thursday evenings
Available at French Campus & Mission Bay Campus

Your Health Online
Shortcuts to better health at kp.org

- **Kp.org/healthyweight** – Support and tips on losing weight, healthy eating, and exercise
- **Kp.org/healthcoach** – Online health coaching programs
- **Kp.org/maintainweight** – Monthly online newsletters
- **Kp.org/healthylifestyles** – Personalized assessments and action plans for total health
- **Kp.org/mydoctor** –
  - Select and communicate with your doctor
  - Access online program, videos, and Podcasts
- **Kp.org/fitness** – Help for staying active
- **Kp.org/kidwisdom** – Healthy activities and games for children
- **Kp.org/nutrition** – Help for eating well
- **Kp.org/recipes** – Healthy recipes
- **Kp.org/weight** – Resources to manage weight

Kaiser Permanente
Health Education Center
2241 Geary Boulevard
San Francisco, CA 94115 or
1600 Owens Street
San Francisco, CA 94158
Phone: 415-833-3450
Hours: Monday—Friday 9a.m.—5 p.m.
Email: SFHealthEd@kp.org

DOWNLOAD our KP Preventative App to stay on top of your health anywhere, anytime!

Visit us at:
kp.org/sanfrancisco/healthed