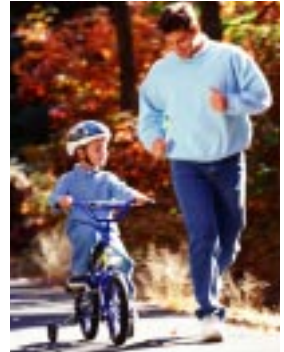


Email Tips for Maintaining Weight

It's not easy.

It's hard to lose weight and sometimes harder to keep it off. That's why we have created an **online newsletter** to support you as you work to maintain your new, healthier lifestyle.

Sign up now for information, tips, encouragement and support to keep off the weight and enjoy better health.



Go to **kp.org/maintainweight** to sign up. We will email a newsletter to you once a month at no cost.

Even if you haven't recently lost weight, sign up for monthly motivation and tips on how to **live well and thrive**.

For additional tools and resources to help you and your family stay healthy, visit members.kaiserpermanente.org and the following Web sites:



Get into shape one step at a time. Reap the benefits of a healthier lifestyle with a program designed to help you increase your physical activity level and work toward a goal of walking 10,000 steps each day. kp.org/10000steps

Balance for weight management and physical fitness. Not a meal plan or exercise plan, but an individualized way to manage your weight by connecting mind, body and food. kp.org/healthylifestyles

Nourish for good nutrition. Expert strategies that will help you take control of your food choices with a one-of-a-kind nutrition plan. kp.org/healthylifestyles

Personal Physician. Visit your Kaiser Permanente physician's personal Home Page on the Web. In addition to valuable health education materials, biographical information, office hours, and telephone numbers, you can make routine appointments and refill medications. www.permanente.net