

# GET A HEALTHY BUZZ



COMING MARCH 19, THE MOBILE WELLNESS COACH FOR D.C. GOVERNMENT EMPLOYEES

FREE DAILY HEALTH TIPS, RECIPES AND MORE ON YOUR PHONE

The Mobile Wellness Coach is an excellent new source of health information and inspiration. Available daily right on your phone, its wellness wherever. Get ready for a fun and interactive mobile program, all designed to help you manage your health care goals.

**You don't need to be a Kaiser Permanente member to sign up – TEXT "COACH" TO 39044 TO GET STARTED! Get great tips, jokes, recipes, and more! Here's a sample:**

**Monday • Wellness Tip**

Fiber week! Nutritionists recommend 25-30 grams of fiber per day. Best sources come from cooked lentils, raw veggies and fresh fruits.

**Tuesday • Joke**

A guy with celery stuck in 1 ear, and zucchini up his nose goes 2 the Dr. 4 diagnosis. Doc says, for 1 thing, ur not eating right.

**Wednesday • Recipe**

Pork Cutlets with Maple-Spiced Apples & Red Cabbage. Serve with a wild rice pilaf. Link to recipe here.

**Thursday • Inspirational Quote**

"Eat food. Not too much. Mostly plants." – Michael Pollan.

**Friday • Wellness Coach Question**

It's Friday! KP Wellness Coach asks: Did you try at least one new high fiber food this week? Text 1 for YES and 2 for NO.

Visit [kp.org/midatlantic](http://kp.org/midatlantic) for more information.

