

# MeFIT News: How to Stay Healthy, Positive, & Productive.



Juneteenth is the oldest nationally celebrated commemoration of the ending of slavery in the United States. It is celebrated on June 19<sup>th</sup>.

Kaiser Permanente African American Professional Association (KPAAPA) is hosting a live event, [Celebrate Juneteenth with KPAAPA: Despite INJUSTICE, We Still THRIVE!](#) on June 19, 2020

12pm-1pm PST via Microsoft Teams.

For more information on how KP honors Juneteenth, Please visit [In recognition of Juneteenth](#)

KPSC will also be hosting “**Listen - Connect - Share: KPSC Racial Equity Listening Sessions:**”

- Tuesday, June 23 from 11:30 a.m. to 12:30 p.m.
- Tuesday, June 23 from 12:45 to 1:45 p.m.
- Monday, June 29 from 7 to 8 a.m.

For more information on Equity, Inclusion, and Diversity resources or events, please visit [Equity, Inclusion, and Diversity on KPMYHR](#)

## Social Distancing Practices for Everyday Activities

Many businesses have recently re-opened, but it is still important to maintain social distancing practices for the safety of yourself and others. Here are some tips on how to practice social distancing while at the gym, shopping mall, and more.

### Gym practices:

Wipe down all equipment before and after use.

Maintain the 6ft apart rule.

Bring your own towel.

Wash your hands Before, During, and After your workout.

### Shopping Mall/ Grocery Stores

Wipe down carts before and after use.

“2 shopping carts apart” is a visual reminder of 6ft social distancing.

Follow markings on the floor at certain businesses.

**On the go:** Always carry a mask for locations that require it.

Carry hand sanitizer to keep hands clean.

Do not visit businesses when feeling ill.

### Workout at Home

Need a change of scenery for your workouts? Try working out on the beach.

[Beach Workout](#)

[Yoga on the beach](#)

### Family Night Activity Ideas

Designate a “Safety Talk” night to educate your family on what to do if there is a fire, earthquake preparedness, water safety, power outage, & use of protective gear with biking, skating, or running outdoors.

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## Healthy Eating Corner

Unicorn bark? Cereal for dessert? Gummy Bear popsicles? These foods sound unreal. However, they are real! They are healthy too. Test out some of the recipes below for some foodie fun.

[Awesome Kid Friendly Recipes](#)

Try making some of the recipes below with your family. Cooking is a fun activity that teaches kids how to prep healthy versions of snacks, encourages decision making skills, promotes independence, and builds confidence.

[How to make kids Independent in the kitchen](#)

[3 breakfast recipes kids can cook](#)

[Homework Snacks Kids can make](#)



## Happy Pride Month to the LGBTQIA+ Community!

Pride month is meant to honor the LGBTQIA+ Community by uplifting their voices, supporting equal rights, and celebrating their achievements.

The origin of pride month originates in 1969 with tragic events that occurred in New York City. These events ignited the fight for gay rights and created a movement that would change the world. For more information on the history of pride month, visit [Pride Month Origins](#)

Many virtual events are being held this month to support the LGBTQIA+ community by raising awareness, collecting donations, and celebrating diversity. Todrick Hall will be hosting a global pride celebration on June 27, 2020 via his YouTube channel, iheart radio YouTube channel, and other digital

resources. Please visit [Global Pride 2020](#) for more information.

**For more information, special requests, or submitting your own testimonial, Contact**

**Marci Acevedo BSN, RN, PHN, APR Total Health**  
[Marci.acevedo@kp.org](mailto:Marci.acevedo@kp.org)

**Datosha Williams, SCAL Region Total Health Labor Lead**  
[Datosha.r.williams@kp.org](mailto:Datosha.r.williams@kp.org)