

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

Achieve Financial Wellness

Finances can be overwhelming. Saving and preparing for retirement is important. Follow these tips to achieve financial wellness.

- Control your debt: know how much you owe and make a payment plan.
- Spend Smart: Download a budget app such as MINT or keep a written record of your spending.
- Set Savings goals: set an amount that you will save monthly. This allows for better budgeting skills and prepares for future use.
- Utilize employees' discounts: KP my HR has links to guide you to the businesses that offer discounts to KP employees. Many businesses include gym membership and event discounts.
- Educate yourself on best financial practices: Vanguard offers financial webinars every first Thursday of the month. Topics include retirement plans, savings practices, and current financial trends.

[Vanguard](#)



How to Work from Home

- Wake up early & get dressed for the day.
- Set your schedule and goals for the day.
- Organize your work area to increase productivity.
- Log out of social media accounts during working hours to decrease distractions
- Take stretch breaks or instant recesses.
- Choose healthy snacks to keep your energy up.

For more information visit KP my HR, [tips for working remotely](#)



Workout at Home

Fitness routines don't need to cost a fortune. ClassPass is offering KP employees' free access to video and live workouts from popular studios.

Access this awesome offer here [class pass for KP](#)

Family Fun at Home

Have a themed movie night! Choose a movie, make fun recipes that are related to the movie, and decorate your tv room to match the theme.

Example: The Sandlot. You can grill burgers, eat smores, & wear your favorite baseball team shirts.

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Healthy Eating Corner

Ordering takeout is a great way to take a break from cooking. However, takeout meals can be loaded with extra calories.

Here are some simple tips to make healthier choices when ordering take out or fast food.

- Choose grilled, steamed, or baked options
- Opt for side salad or vegetables as a side dish.
- Ask for all sauces and dressings on the side.
- Portion out your takeout dishes on to a separate plate.
- Skip sugary beverage options.

Need new recipe ideas? Try these easy & nutritious recipes for your next meals.

[sloppy joe stuffed sweet potatoes](#)

[slow cooker stuffed bell peppers](#)

Don't forget about dessert!

[Frozen Yogurt Bark](#)



Not All
SUPERHEROS
Wear Capes!



Thank you!

The hard work from all KP staff can be seen during these difficult times. You are all amazing!

Here is a list of businesses that are showing their appreciation for healthcare workers and first responders by offering discounts, free items, and special shopping hours.

Costco: call your local Costco to find out when their “first responder/healthcare worker” hour. Hours and locations may vary.

Circle K – The convenience store is giving first responders and health care workers **FREE** coffee, tea or Polar Pop fountain drinks. The offer runs from **March 26 to April 30**.

Krispy Kreme –the doughnut shop is giving all healthcare workers **FREE dozens of its Original Glazed**

Doughnuts. At drive-thru, inform the staff of what you need and show your employee badge.

Starbucks : free coffee to anyone who identifies as a front-line responder to the pandemic through May 3. The free coffee must be a tall hot or iced brewed coffee.

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

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