

San Jose Giants' Health Tips of the Homestand presented by Kaiser Permanente

1. 4.12.22 Homestand - Stress can be caused by many daily situations. Relaxation, plenty of sleep and exercise can help reduce stress. Learn more about ways to reduce stress, visit kp.org.
2. 4.26.22 Homestand - Your child needs a balance of nutritious foods and active living to achieve a healthy weight and prevent problems such as diabetes and heart disease. Learn more about Healthy Weight for Your Child or Teen at kp.org.
3. 5.10.22 Homestand - Estimates show that 1 in 10 falls causes a serious injury such as a hip fracture among older people. Maintaining a healthy lifestyle through regular exercise and an active social calendar can help you avoid serious injury from a fall. Visit kp.org to learn more.