

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.
4. 5.30.22 Homestand - People have used herbs since ancient times to improve their health in some way. Whether to prevent a cold, increase immune system function, or treat allergy symptoms, many people turn to herbs and supplements to feel better. Visit kp.org to learn more.
5. 6.14.22 Homestand - Mind-body medicine can help improve your health. Methods include mindfulness, meditation, relaxation, and healthy thinking. Benefits include pain management, improved sleep, and emotional balance. Visit kp.org to learn more.
6. 6.28.22 Homestand - Most pain and injury from work conditions are caused by repetitive tasks without variation throughout the day. Fortunately, there are strategies to ensure on-the-job comfort and injury prevention. Visit kp.org to learn more.
7. 7.12.22 Homestand - Children's exposures to environmental toxins and related health risks are higher than for adults. Parents can take protective steps to reduce their children's risks. Visit kp.org to learn more.
8. 7.26.22 Homestand - Relaxation exercises are a great way to clear your mind, relax your body, and get ready for sleep. Visit kp.org to learn more ways to clear your mind and relax your body.
9. 8.9.22 Homestand - A parent's most important job is keeping a child safe. These healthy habits and safety tips can help your child grow up safe, strong, and healthy. Bumps and bruises are part of growing up, but these safety tips are good reminders and can help prevent serious accidents and injuries. Learn more about Healthy Habits and Safety at kp.org.
10. 8.16.22 Homestand – Positive parenting includes holding consistent boundaries and offering loving support. Learn more about Positive Parenting at kp.org.

11. 9.6.22 Homestand - Kaiser Permanente makes it easy for young adults to use mobile devices or computers to connect to their doctors, medical records, and health tools. For a Young Adult's Guide to Kaiser Permanente, visit kp.org.