



Healthy Living To Go

PODCAST

- **What's the difference between 'good' and 'bad' fat?**
- **How can I reduce my stress in just 5 minutes a day?**
- **Can the things I love doing most really make me healthier?**

Find answers with Healthy Living To Go Podcasts from Kaiser Permanente. Listen or download by logging on to kp.org/mydoctor. Find your doctor's home page and click on 'KP Podcast' to get going.

Please fill out our survey about your experiences. All who also correctly answer three contest questions will be entered into a drawing for an Apple iPod™ and other gifts.



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