



accomplish
**MAGNIFICENT
THINGS**

The female body is pretty incredible. Whether you're expecting a baby or you simply want to feel your best, the more you know about women's health, the healthier you – or the women in your life – will be.

Seize the days and take care of the whole you

Move more.

Regular exercise can lower breast cancer risk by 10% to 20%* – one of the many benefits of staying fit.

Be good to your bones.

80% of the people who have osteoporosis are women.† Getting enough calcium, vitamin D, and exercise can reduce your risk.

Pregnant? Get your protein.

Women need 33% more protein per day during pregnancy.‡ Find out more at kp.org/pregnancy.

CREATE MORE HEALTHY HABITS

*Susan G. Komen for the Cure

†National Osteoporosis Foundation

‡National Academy of Medicine

Services covered under a Kaiser Permanente health plan are provided and/or arranged by Kaiser Permanente health plans: Kaiser Foundation Health Plan, Inc., in Northern and Southern California and Hawaii • Kaiser Foundation Health Plan of Colorado • Kaiser Foundation Health Plan of Georgia, Inc., Nine Piedmont Center, 3495 Piedmont Road NE, Atlanta, GA 30305, 404-364-7000 • Kaiser Foundation Health Plan of the Mid-Atlantic States, Inc., in Maryland, Virginia, and Washington, D.C., 2101 E. Jefferson St., Rockville, MD 20852 • Kaiser Foundation Health Plan of the Northwest, 500 NE Multnomah St., Suite 100, Portland, OR 97232. Self-insured plans are administered by Kaiser Permanente Insurance Company, One Kaiser Plaza, Oakland, CA 94612.