

FEBRUARY 2018

HEALTHY START CHALLENGE










LM LABOR MANAGEMENT PARTNERSHIP

Trying to lose weight? Improve your BMI? How about lower your blood pressure? Or do you just want to feel better? You don't have to go it alone.

This month, take the seven-day challenge with your team. Any team that meets the challenge for seven straight days wins—not just the praise of your co-workers but also a healthy start to a new you.

DIRECTIONS: Print copies of this flier and place in your breakroom. Create a team or teams for unit-based team members who want to participate, and pick seven days in February to do the challenge. Have participants put an **X** next to their name for each day's challenge they complete.

SEVEN-DAY TEAM CHALLENGE SCORE SHEET

Team Name:							
Day	MON	TUE	WED	THU	FRI	SAT	SUN
Activity	 EAT WELL Fruit Day 2-3 servings per day	 MOVE MORE Walk, run, yoga or dance 15 min.	 EAT WELL Veggie Day 2-3 servings per day	 MENTAL HEALTH 5 min. of mindfulness	 EAT WELL Fruit Day 2-3 servings per day	 MOVE MORE Walk, run, yoga or dance 15 min.	 EAT WELL Veggie Day 2-3 servings per day
Name:							
Name:							
Name:							
Name:							
Name:							

Make your weight loss work. Join the Pound for Pound challenge on Go KP. For every pound Kaiser Permanente employees lose collectively, KP will donate a pound of fresh produce to communities in need. When we lose, we all win! Sign up today at kp.org/gokp.