



Q&A For employees, physicians, and volunteers

Q: What is the 30 Day Challenge?

A: The 30 Day Challenge is a Kaiser Permanente SCAL initiative to help employees and physicians make small, daily changes on the road to fitness and health.

Q: What happens when you sign up for the challenge?

A: After signing up you'll receive an e-mail every day for 30 days. You'll receive daily, small tasks to accomplish having to do with exercise, nutrition, or overall well-being. At the end of the 30 days is a 1k-5K Run/Walk and Get Fit LA event.

Q: When does the challenge begin?

A: LAMC's challenge will begin August 16 and end on September 15.

Q: Why are we doing the challenge?

A: Fulfilling the challenge can result in numerous health benefits. The challenge is a supportive resource Kaiser

Permanente is offering employees, physicians, and volunteers to practice the kind of medicine we ask of our members.

Q: Is the 30 Day Challenge a standalone event?

A: No. The challenge is only one of several fitness initiatives to help guide staff to living a healthier lifestyle.

Q: How do I participate in the challenge?

A: Register for the 30-Day Challenge by visiting www.getfitsocal.org.

Q: When does the program begin?

A: Beginning August 16, you'll receive a daily e-mail with your challenge for the day.

Q: What if I don't have a Kaiser Permanente e-mail address?

A: For those who do not have a Kaiser Permanente e-mail

address or access to a computer, a team captain can be chosen to forward communication or a personal e-mail can be used.

Q: What if I am unable to complete a particular challenge?

A: Many fitness opportunities will be provided, but not all challenges will work for you. Always feel free to substitute or create your own ways to exercise at work.

Q: When will the Pasadena Get Fit Fair take place?

A: The fair for Pasadena will take place on Monday, September 13.

Q: Who can I contact for more information?

A: To learn more e-mail Paul.L.Maillard@kp.org or Brian.M.Floisand@kp.org.



get fit
LOS ANGELES MEDICAL CENTER

30-DAY CHALLENGE

Get Fit Festival Pasadena

Join us!
Register for
30-Day Challenge

Monday September 13, 2010
4th Floor Conference Room
12:00 to 1:00 p.m.

30-Day Challenge
Aug 16th -Sept 15th

How do I participate?

- Register online - <http://www.getfitsocal.org> before Aug 16th.
- Once you *register* for the 30-Day Challenge, you're automatically registered for the Fit Festival Walk.
- If you *don't register* for the challenge, just show up (everyone who participates in the walk gets a prize).
- All participants *sign in at the start table*.
- Run or walk as much as you can.
- Complete the 30-Day Challenge and participate in the Fit Festival and receive a Fitness Goodie Bag.

Get ready, get set, get fit Pasadena!

healthyworkforce
For the people who power KP