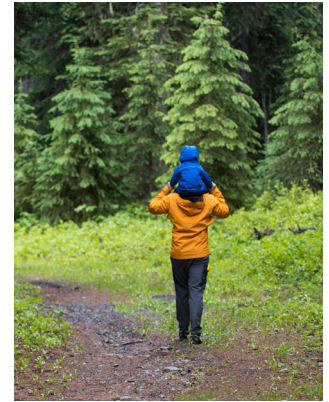




WALKT^oBER™






Refresh your mind, body, and spirit with Walktober.

Get inspired to move this fall with the Walktober campaign from Go KP. Track your activity of choice as you travel virtually to spectacular destinations around the world.

Invite your co-workers to form a team of 4-40 members, or go it alone.

Register now at kp.org/gokp.

Earn Points

- 5,000 steps a day = 3 points 
- 8,000 steps a day = 4 points 
- 10,000+ steps a day = 5 points 
- 1 additional point is available each Thrive Thursday for teams only

Ways to Win

Early Bird Registration:

- Register an official team by September 22 and be entered into a random prize drawing

Weekly Winners:

- Individuals that earn at least 5 leaves within a week will be entered into a weekly random prize drawing

Top Winners:

- Individuals and Teams that achieve the top scores during the month-long program will receive recognition and bragging rights

Program Dates

- Sep 18** Registration opens
- Oct 1** Program starts
- Oct 31** Program ends

Questions?

Contact healthyworkforce@kp.org.