



KAISER PERMANENTE®
Corporate Run/Walk
& Fitness Program



sign up. lace up. shape up.

Get Active Atlanta! FREE 8-wk Training Program

July 26-September 16

- Health Club Membership
- Walking/Running Programs, Group Runs, Tips, Discount

Corporate 5K Run/Walk & Office Party

September 16, 2010

Adjacent to Turner Field

Why Should Your Company Participate?

Empowers your employees to reap the benefits of a healthy lifestyle

- Gives the gift of health via a comprehensive, 8-week preventative health program
- Encourages happier, less stressed and more productive employees
- Provides non-intimidating fun environment plus activities for all levels of fitness

Fosters employee teamwork, camaraderie, company pride and positive morale

- Company team participation helps to build camaraderie and teamwork
- Healthier lifestyle changes are made easier and more fun as part of a social peer, workplace group
- Friendly "company to company" competition builds company pride & spirit
- Culminating 5K corporate run/walk & picnic can double as an office party. Friends & family are invited!

Positions your company as a community leader and proactive advocate for preventative health

- Team up and generate goodwill with Atlanta's business, media and wellness leaders

Easy to participate - simple "turn-key" program requires minimal internal effort

- Program support includes internal communications and "How to" instructions, printed and online registration, online payment capability, plus post-event results and photos
- Support staff available for questions
- No fundraising requirements

Great value - comprehensive 8-week, all-inclusive program for everyone

- Proven programs for all levels of fitness, from current couch potatoes to competitive runners
- Early-bird \$25 participation fee includes 8-week health club membership, online plans and activities plus ongoing tips and advice on training and nutrition, corporate run/walk, T-shirt, team photo and all activities

Fun, fitness and company camaraderie can deliver bottom line business benefits

- Healthier and happier employees may help to reduce sick days, lower medical costs and increase productivity
- You can maximize your company's participation by funding or partially subsidizing the participation fee

**Sign-up your company now at www.KPCorporateRunWalk.com
or call (404)-843-8727 for more information**