



KAISER PERMANENTE®
Corporate Run/Walk
& Fitness Program



sign up. lace up. shape up.

Get Active Atlanta! 8-week Training Promotion

powered by 

July 18 - September 8, 2011

- Walking/Running Programs, Group Runs, Tips, Discount

Corporate 5K Run/Walk & Office Party

September 8, 2011

Adjacent to Turner Field



LA | FITNESS.

Complimentary Workouts
August 10-September 7, 2011

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 with early-bird \$25 participation fee

- Proven programs for all levels of fitness, from current couch potatoes to competitive runners
- 8-week Get Active Atlanta! training promotion with training schedules from Jeff Galloway for beginning/experienced walkers and runners, ongoing tips and advice on training and nutrition, Every Body Walk! from Kaiser Permanente, Boot Camp in Piedmont Park, discounts on fitness-related items and services plus Complimentary Workouts From LA Fitness, August 10-September 7

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

**Join over 15,000 participants from more than 400 leading Atlanta companies
for our 29th Annual Event!**