



How many **steps** do you take every day?

Probably somewhere between 3,000 and 5,000 if you're an average person. But by moderately increasing your physical activity every day, you can improve your health. And walking—that's right, just plain walking—can do the trick.

Introducing 10,000 Steps®—an easy-to-use walking program that can help you live a healthier life by reaching a fitness goal of 10,000 steps a day. Here's how:

Come sign up for the program! We will have two presentations and Kaiser will provide up to 100 pedometers at NO COST, on a first come first served basis! We will have two presentations! Please RSVP via e-mail to David Mancilla at David.X.Mancilla@kp.org. Space is limited!

When: July 15th
Where: Human Resources Conference Room B1-31
Time: 11:00AM and 12:00 noon

KAISER PERMANENTE  **thrive**