



A Eat Real Food Program

Wellness University and goKP are excited to invite you to *Colorful Choices*, a 4-week simple, effective and fun online nutrition program that helps you put produce first.

This is not a specific diet plan. The goal is that between Jan. 23-Feb. 19 you and your co-workers eat at least 5 servings of colorful vegetables and fruit daily to support better health and create a sustainable lifestyle habit.

There's no calorie counting, weighing, or measuring. Simply earn points for each produce serving you eat – 2 for veggies, 1 for fruit, and a bonus point for Top Choices.

You can do the nutrition program on your own or be a captain of, or join a department team. Top 3 teams will earn prizes and will be featured in a Wellness University e-newsletter.

Scan the QR code to register and for joining you will have a chance to win a FitBit. Complete the program to earn 8 credits towards great rewards and a chance to win more great prizes.



For questions or more information, visit www.kpwellnessu.org, email Employee-Wellness-SSC@kp.org, or call (916) 525-4820.

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