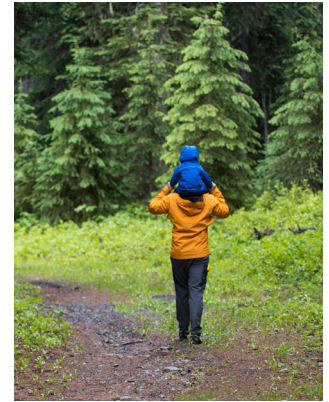




# WALKT<sup>o</sup>BER™






## Refresh your mind, body, and spirit with Walktober.

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

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

Register now at [kp.org/gokp](http://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](mailto:healthyworkforce@kp.org).