

# Stacking Habits

## virtual wellness challenges

Wellness University invites you to form or join a department team, or participate individually, in a series of wellness challenges that encourage you to form and maintain at least 2 healthy habits. Studies show it takes several weeks to adopt a healthy habit, and while using the [GoKP](#) platform, we can easily make it possible, together.

Take the first step, and make sure to register in [GoKP](#) at [kp.org/gokp](#). Review the challenges below and commit to being part of at least one or all.



### **Step into Heart Health – sign-ups start 5/5. Challenge runs Mon. 5/19-Sun. 6/15**

Let's encourage each other to be physically active and foster department connection, by taking a "trip around the world" for a fun, visual element as you earn points. Daily health tips, social support, and smartwatch syncing make it easy to stay engaged. The program ends during Health Care Appreciation Week, and top department teams will be recognized and awarded prizes, so move, move, move to be simply the best!

### **Eat Real with Nourish – sign-ups start 6/16. Challenge runs Mon. 6/30-Sun. 7/27**

While you continue being active, let's focus on healthy eating with Nourish, which invites you to log meals and wellness activities to grow a virtual garden of fruits, vegetables, and more. This challenge includes weekly recipes, daily nutrition tips, and a mobile app for easy tracking. Employees can participate solo or with a team, making eating real foods easier and enjoyable.

### **Feel like a Million – sign-ups start 7/28. Challenge runs Mon. 8/11-Sun. 9/7**

Continue moving and eating well with this unique challenge that incorporates emotional well-being and sleep health. You will earn virtual dollars for completing and recording at least 2 wellness actions daily, with a goal of reaching \$1 million in "wellness wealth" by the end of the month. Progress is tracked on a fun, interactive game board that makes staying healthy rewarding.

### **Walktober – sign-ups start 9/15, and challenge runs October 1-31**

This annual KP nationwide wellness challenge will motivate you to increase your daily steps—6,000, 8,000, or 10,000—throughout the month of October. As you log steps, you'll earn virtual leaves, to fill in your personal Walktober tree. Form or join a department team and be a top team nationwide! It's great way to add more movement throughout the day and encourage each other to maintain healthy habits together



### **Scan the QR to visit [kpwellnessu.org](#) and learn more.**

For participating in these challenges, top teams will win a healthy lunch or prizes and individuals will have a chance to win prizes—like Apple AirPods, JBL speakers and FitBits as well as earning Wellness University credits. Register on GoKP at [kp.org/gokp](#) to be part of these fun wellness challenges.