



THE LABOR MANAGEMENT PARTNERSHIP PRESENTS:

# HEALTH IS A TEAM SPORT

Teams and individuals at Kaiser Permanente are making getting healthy a priority. Show one of these three videos at your next meeting to inspire others to make healthy changes.

**GET UP—GET MOVING:**  
KP employees take an Instant Recess dance morning every morning in their parking lot.

**STEPPING UP TO TOTAL HEALTH:**  
One woman's inspirational story of how she transformed her health.

**GETTING HEALTHY TOGETHER:**  
A Northwest lab team shares how they are motivating each other to get healthy.



Watch the movies on [LMPartnership.org](http://LMPartnership.org). Type **Health Is a Team Sport** in the search box on the home page.