

# JANUARY 2016: STEP INTO THE YEAR WITH THE GIFT OF WALKING AND MOVING!



**LM** LABOR MANAGEMENT  
PARTNERSHIP

Start 2016 off on the right foot and get moving. Walking and moving just 30 minutes a day, five days a week, can get you feeling great, lift your spirits and improve your overall health. Regular physical activity lowers cholesterol, reduces blood pressure, increases energy and can prevent weight gain. And you don't have to work out for a solid hour every day to get results. Even a few 10-minute sessions of brisk walking, rolling or moving throughout each day can do the trick.

## Let's Get Walking and Moving

Here are some fun and easy ways to incorporate walking, rolling and moving at KP with your UBT:

- + **Meet on your feet or in motion.** Have a walking meeting or huddle. Gather your team and roam around your building or campus. Other than making sure no sensitive information is discussed in public areas, there are no rules. If you can't walk around during your meeting, walk or move in place. Encourage UBT members who are unable to walk to move their arms or do other physical activities, if possible.
- + **Bring play to your day.** Too cold outside? Get active with your team with Instant Recess. All you need is a few minutes, a place for everyone to gather, and some music if possible. The only rules are just to keep moving for a few minutes.
- + **Dine and dash.** Invite your team to walk, roll or otherwise move during lunch. Yes, you need to eat. But if you can squeeze in a quick moving session afterwards, you'll be surprised how much it will lift your mood and increase your energy.
- + **Dress for success.** Encourage your team to wear or bring comfortable shoes and clothing to work each day so everyone can participate in impromptu active breaks.
- + **No shortcuts.** Urge team members to take the long way or use the stairs when time permits. Their bodies will thank them.
- + **Move while working.** Suggest that team members who typically sit at computers all day stand, pace or roll while on the phone or whenever it's feasible. More calories are burned standing, and it's better for health than sitting.
- + **Health is a team sport—Go KP!** Choose a challenge period, either one week or one month. Track your team's daily and weekly activity and encourage each other to do a little more each day. At the end of the challenge period celebrate the accomplishments you made as a team! You can also track your activity on [kp.org/gokp](http://kp.org/gokp) and earn prizes, post messages, challenge co-workers, get recipes and more.
- + **Report.** In January, we will be hosting a town hall for all of the UBT Health and Safety Champions. We want to hear how your walking initiatives went, which were successful and what feedback you received from your team.

**Be a WALK star or a ROLL Model!**