

# NWP Wellness Passport

July, August, & September 2019

[Click here for passport guidelines!](#)

Complete 4 categories and choose one of the following: 2 VIP vouchers to Portland Center Stage, \$175 REI gift card, \$175 added onto your paycheck!!!

Please click on the colored buttons to see guidelines for completing each activity

## Physical

Complete one of the following:

40 minutes of activity, 5 times a week

Log 450,000 steps using an activity tracker

Participate in an organized fitness related event

Pray

Give gratitude

Practice meditation or metta

## Spiritual/Emotional

Complete one of the following:

Practice yoga, Pilates, or tai chi

## Nutritional

Complete one of the following:

Rouxbe Online Culinary School

Food Diary

21 Day Plant-Based Challenge – August 1

Viticulture at Armstrong Vineyard – July 13

Family Hike in FPC – July 20

OR

any event offered by FPC, OSP or WSP

## Social

Complete one of the following:

Sunday Parkways

## Other

Complete one of the following:

Convenient Care

My Passion, My Wellness

This passport applies to Northwest Permanente staff only.

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Submit all documentation to [nwpwellness@kp.org](mailto:nwpwellness@kp.org) or to NWP Wellness, KPB 16.