

# NWP Health & Wellness Newsletter



## National Walking Day 2014: Huge Success at KPBC

We woke up anxious. The four hour wait till lunch is long on a normal work day, but throw in a fun event and it might as well be like the wait for Christmas morning. KPBC employees couldn't wait to tie up their laces and go outside to walk for National Walking Day on April 2nd.

The day was perfect for activity. The sun was bright and the excitement in the air was contagious. We started off the event with a small speech from guest speaker, Dr. Rachel Fischer, who shared her love for physical activity. Dr. Fischer specializes in occupational medicine and her practice philosophy starts with prevention. She is very passionate about exercise so it was a great opportunity to fix on the importance of a healthy lifestyle.

Next steps took us on our walking adventure. There was a sea of over 125 green Thrive shirts as we stepped down the boulevard towards the waterfront. KPDX news station was the first on the scene to film us thrivers as we took each footstep closer to a healthier mind and body. Lunch is the perfect time to walk. No matter if you have 10 minutes or an hour, it's enough time to move around and get active. NWP really encourages employees to get up and get moving as often as possible since it's included as part of the Rewards of Wellness engagement model.

We followed the sunshine as it took us back to KPBC and employees felt their afternoons burst with a dose of positive energy. Although most would think that walking would actually make them a bit more tired, it actually does the opposite. NWP has big goals for next year as we plan on getting not only KPBC involved, but Sunnyside and Westside Medical Center walking too.

Written by: Emmie Yeiter, KP, Account Team Specialist

## What's coming up in May?

### Mile-a-Day May!

Did you know that if you run/walk just 1 mile a day in May, you would have completed a marathon by the end of the month??

Follow us on twitter or "like" us on Facebook to follow our #mileadaymay challenge and join us by sharing your pictures or stories from your Marathon in May!

[Twitter](#)

[Facebook](#)

### May 8<sup>th</sup>, 2014

#### Wellness Brown Bag: "Finding Your Motivation"

KPBC 3, 12 – 1PM

Featured Speaker: Emmie Yeiter  
Emmie will talk about how to find your motivation with an emphasis in health and happiness. It can be difficult finding the motivation to make healthy choices and it's a topic that everyone can relate to because everyone struggles with it at one time or another. The presentation will be a guide through a fun and creative adventure to finding happiness and overcoming those daily challenges that sometimes hold you back.

## Book Review: *Mindfulness - An Eight Week Plan for Finding Peace in a Frantic World*

Written by Mark Williams & Danny Penman  
Book review by Rahul Rastogi, MD

Often times my mind feels like a well shaken snow globe. You know, one of those gift store tourist items you find everywhere. Each snowflake represents a thought, issue, concern, stressor that swirls around in the globe that is our distracted mind. The swirling flakes keep us from focusing on the landscape, the present and those in front of us. There are moments the snowflakes settle, but they never go away. Things may calm down, until the next thought or event comes along and shakes the whole globe again...

(To read the rest of Dr. Rastogi's review, [please click here...](#))

## Introducing the NWP StepUp! Club!

**WHAT:** KPB StepUp! Club- Commit to using the stairs INSTEAD of the elevators during the elevator replacement project and you can dress in casual clothing\*

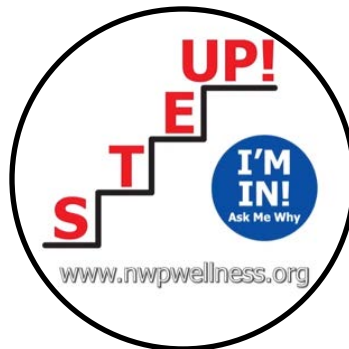
**WHEN:** From now until the elevator replacement project is complete (sometime near the end of 2015)

**WHO:** All NWP employees that work at KPB (primary worksite) are eligible. Just complete this [registration form](#) and submit it to Dave McKay, KPB 15

**HOW:** For those that register for KPB StepUp! Club, you will be allowed to wear casual clothing per our [NWP Dress Code](#) throughout the week (not just Fridays!) Registered climbers will be required to wear a button (as provided by NWP Health and Wellness) that identifies them as participating in the KPB StepUp! Club.

**EXCEPTIONS:** Normal dress must be worn for meetings (in which you are physically present) with our members, potential members, physicians or outside groups/agencies. We must look professional when in contact with these groups. [Click here to view the NWP Dress Code.](#)

\*If you are physically unable to use the stairs, please discuss with a NWP Health & Wellness representative for an approved modified wellness activity. We will help you to identify an activity that you may enjoy, and how to "step it up" over time.



**May 11<sup>th</sup>, 2014**

**Sunday Parkways, E. Portland**  
[Click here for a route map!](#)

Celebrate Mother's Day with a tour of East Portland. Whether walking, biking, rolling or dancing along the route, take time to stop by Glenwood, Bloomington, and Ed Benedict Parks.

**May 17<sup>th</sup>, 2014**

**American Heart Association's Heart & Stroke Walk**

*Eastbank Esplanade, 9 AM*

The Heart & Stroke Walk celebrates those who have made lifestyle changes and encourages many more to take the pledge to live healthier lifestyles

For more information on the **KP Well Heart Walk** team, [please visit this link.](#)

**May 17<sup>th</sup>, 2014**

**American Lung Association's Reach the Beach**

*Beaverton to Pacific City, 6AM - 5PM*

Reach the Beach is widely acknowledged as the official start of the Oregon cycling season. Four different route options (see About the Routes, below) ensure the event has a little something for everyone - from experienced cyclists to those new to distance riding.

**May 18<sup>th</sup>, 2014**

**Rock n' Roll Half Marathon**

*Waterfront Park, 8AM*

For more info, check out [the website!](#)

**Suggestions?**

Send an email to the NWP Health & Wellness Team at [NWPWellness@kp.org](mailto:NWPWellness@kp.org)