

# Northwest Permanente Wellness Passport Guidelines

September – November 2015

## **Movement: 30 Minutes of Activity, 5 Times a Week for 4 Weeks**

Complete 30 minutes of activity, 5 times a week:

Click the button below to watch the short video titled “23 and 1/2 Hours: What is the single best thing we can do for our health?” for a unique perspective on why it is important to fit 30 minutes of activity in to your day:

[Click Here to Watch the Video](#)

After watching the video, log your activity for four weeks, including dates, times and description of activities to receive credit for this category of the Wellness Passport for September – November 2015. E-mail your activity log to: [nwpwellness@kp.org](mailto:nwpwellness@kp.org)

Please submit all documentation to NWP Health & Wellness, KPB 15  
or e-mail us at: [nwpwellness@kp.org](mailto:nwpwellness@kp.org)