

# Northwest Permanente Wellness Passport Guidelines

April - June 2017

## **Physical: Bike More Challenge**

### **Bike More Challenge**

Join the Bike More Challenge during the month of May! The Bike More Challenge is a fun, free competition to encourage your friends, family, and colleagues to experience firsthand joys and benefits of riding a bike.

To get credit for this category, click the link below to register for the Bike More Challenge, join the Kaiser Permanente team and answer the questions below. Email your answers to [NWPWellness@kp.org](mailto:NWPWellness@kp.org)

1. How many miles did you bike during the month of May?
2. Was this more or less than you typically bike?
3. Where did the majority of your miles come from (for fun, commuting to work, etc)?

Click here to register - [Bike More Challenge](#)

Please submit all documentation to  
NWP Health & Wellness, KP B 16  
or e-mail: [nwpwellness@kp.org](mailto:nwpwellness@kp.org)