

# Northwest Permanente Wellness Passport Guidelines

September – November 2015

## Step Challenge: Organized Walk or Run

### Participate in an Organized Fitness Event:

Submit a copy of a registration receipt for an organized walk or run to [nwpwellness@kp.org](mailto:nwpwellness@kp.org). Examples include: [The Color Run](#), [Portland Marathon](#), [Turkey Trot](#) or any other NWP Wellness Coordinator approved activities.

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