



## Thrive Group Q&A

- What is the KP Thrive Group?
  - The KP Thrive group is a lunch time group created for employees to get out of the office and move! Since much of our days are filled with meetings and sitting in the office, this group gives employees the opportunity to get together, socialize and get energized for the afternoon ☺
- When does the Thrive group go out?
  - Every Wednesday at Noon (Some Mondays, Thursdays & Fridays too)
  - Employees gather outside the basement lockerrooms between 12-12:05pm before the group heads out
- Who goes to the Thrive Group outings?
  - ALL employees and all activity levels
  - Walkers, joggers, runners, skippers, bikers and rollar-bladers
- Why Should I spend my lunch hour moving around instead of eating out or staying inside?
  - Physical inactivity is the fourth leading risk factor for global mortality
  - Physical activity helps to maintain a healthier YOU: decreasing risk for coronary heart disease, diabetes, high blood pressure, stroke and depression
  - Every footstep is forward momentum ☺
- What happens when it rains?
  - It gives us the excuse to put on fabulous rain jackets
- But what if I don't engage in much physical activity now?
  - Individuals who don't get around to doing much activity now should start slow and gradually increase in duration, frequency and intensity
  - Come get involved in the Thrive Group and partner up with someone who has similar characteristics to you! Start out doing 10 minute walks and increase as you get stronger
- There's not enough time and I'm always in lunch meetings...
  - The Thrive Group goes out every Wednesday and Thursday. If you are busy this week, block out 15-30 minutes for the following week
- World Health Organization Physical Activity recommendations:
  - Adults between the ages of 18-64 should do at least 150 minutes of moderate intensity physical activity throughout the week
  - Bouts of 10-15 minutes are encouraged
- How do I get involved???
  - Contact Emmie Yeiter at [emmie.yeiter@kp.org](mailto:emmie.yeiter@kp.org)/49-4812