

# NWP Wellness Passport

June - August 2015

Complete 3 out of 5 categories and receive \$125!!!

Click here to read the passport guidelines!

Please click on the buttons below to see guidelines for completing each activity

## Mindful Well-Being

Complete one of the following:

Watch Mindfulness Brown Bags

Practice Meditation

Practice Resilience Training

## Movement

Complete one of the following:

Walk 2 Minutes Every Hour During the Work Day

30 Minutes of Activity,  
5 Times a Week

30 Minutes of Activity During the  
Work Day with a Co-worker

## Step Challenge

Complete one of the following:

Participate in the Summer Step Challenge

Log 400,000 Steps on your Fitbit

Participate in an Organized Walk or Run

## Education

Attend 2 out of 3 Wellness  
Education Brown Bags

## Other Wellness

### Challenges

Complete one of the following:

Sign Up on Go KP

Attend the NWP Summer Fun Day

Participate in One Sunday Parkways Event

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