

# NWP Wellness Passport

September - November 2015

Complete 3 out of 5 categories and receive \$150!!!

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:

Download a Mindfulness App

Practice Random Acts of Kindness

Get 7 Hours of Sleep

## Movement

Complete one of the following:

30 Minutes of Activity, 5 Times a Week

Hold an "Instant Recess" Session with a Co-Worker

Participate in the September Bike Commute Challenge

## Step Challenge

Complete one of the following:

Participate in the "Beavers vs Ducks" Step Challenge

Log 500,000 Steps on your Fitbit

Participate in an Organized Walk or Run

## Education

Complete one of the following:

Attend 2 out of 3 Wellness Education Brown Bags

Mentor a Colleague

## Other Wellness Challenges

Complete one of the following:

Try a Recipe from KP's "Food for Health" Blog

Lose Yourself in a Good Book

Write Down 3 Things You Are Grateful For

Enroll in an Educational Class

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