



Trying to lose—or maintain—your weight? You don't have to go it alone. This month, help your team make healthier choices. Brainstorm ways to move more, eat well and feel better at work.

**DIRECTIONS**

1. Ask team members what support they need to maintain a healthy weight.
2. Jot down their answers, using the space below.
3. Describe how your team will accomplish its goals.
4. Chart your progress.
5. Need fresh activity ideas or recipes to share? Find them at [gokp.org](http://gokp.org).

Name 3 ways we can create a healthy work environment.	How might we achieve our goals?
<p><b>EXAMPLE:</b> Drink more water.</p> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Offer fruit-infused water in the break room.</p> <hr/> <hr/> <hr/> <hr/>

**TOOLS YOU CAN USE**

**Make your weight loss work.** Join the Pound for Pound challenge on Go KP. For every pound Kaiser Permanente employees lose collectively, KP will donate a pound of fresh produce to communities in need. When we lose, we all win! Sign up today at [kp.org/gokp](http://kp.org/gokp).

