



28th Annual Kaiser Permanente Corporate Run/Walk & Fitness Program
2010 fact sheet

lace up

Fun, Fitness & Company Camaraderie

Designed to promote health, fitness and teamwork among metro-Atlanta companies and their employees, this unique workplace fitness program kicks off with an 8-week “Get Active Atlanta” training program and culminates in a downtown 5K run/walk and company picnic. Sign up your company team, yourself or your friends and family.

5K Corporate Run/Walk & Company Picnic

Thursday, September 16, 2010, 7:00 p.m.

Downtown Atlanta - Adjacent to Turner Field

shape up

8-week “Get Active Atlanta” Training Program (included with registration)

July 26 – September 16

- Kaiser Permanente Healthy Living Classes
- Wellness Works – monthly newsletter
- Weekly email with fitness tips and information and healthy recipes
- Weekday runs at Phidippides running/walking stores (Ansley Mall and Sandy Springs) and City of Decatur near the Square.
- Beginning and experienced training schedules for walkers and runners
- Discounts and special offers on fitness-related merchandise and services
- Company Lunch & Learn Workshops
- Self-assessment tools and resources

August 18 – September 15

Complimentary Workouts at LA Fitness – all Metro Atlanta locations

live it up

World’s Largest Office Party

- Celebrate with co-workers, friends and family
- **FREE** T-shirt to 5K run/walk finishers
- **FREE** downloadable photos – teams and candid
- *Best Self Atlanta* Magazine Expo with free giveaways and goodies
- Awards ceremony, music by Rupert’s Orchestra and fireworks

sign up

kpcorporaterunwalk.com

Online: May 1 – September 15, 2 p.m.

Mail: May 1 – September 10

In-person: September 9-15 (at Phidippides Running Stores)

Through August 16, 2 p.m. - \$25 per person

August 16, 2 p.m. - September 15, 2 p.m. - \$30 per person

for more info

visit www.kpcorporaterunwalk.com

email info@kpcorporaterunwalk.com

call 404-843-8727

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