



# Reasons To Sign Up

For the 2010 KP Corporate Run/Walk Fitness Program

## 8-week Training Program (July 26-September 16)

- running & walking training programs (beginner and experienced) from Jeff Galloway
- weekday walks/runs from Phidippides, Atlanta's premier running/walking specialty store – **Phidippides.com**
- weekly emailed fitness and nutrition tips
- fitness-related discounts/offers

## August 18 - September 15



Complimentary Workouts –  
all Metro Atlanta locations

**Free** run/walk shirt

**An evening of fun and fitness with your colleagues  
and family**

For more info, contact \_\_\_\_\_  
email \_\_\_\_\_ phone \_\_\_\_\_

**Kaiser Permanente Corporate Run/Walk & Fitness Program**

Thursday, Sept. 16, 2010, 7 p.m.

Adjacent to Turner Field

[www.kpcorporaterunwalk.com](http://www.kpcorporaterunwalk.com)



KAISER PERMANENTE<sup>®</sup>  
Corporate Run/Walk  
& Fitness Program



# Don't Get Left Out...

**SIGN UP TODAY FOR THE FUN!**



So far \_\_\_\_ people have signed up to be a part of our KP Corporate Run/Walk team. Are you one of them?

It's not too late to sign up. Be a part of Atlanta's largest outdoor office party!

Team Photo: Sept. 16 - \_\_\_\_ p.m. – SW corner of Green Lot

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# One Last Chance!

Be a part of the 2010 Kaiser Permanente Corporate Run/Walk & Fitness Program!



Ready, set, go! We are just days away from the 2010 KP Corporate Run/Walk. **Are you registered yet?** Join your co-workers, friends and family at Atlanta's largest outdoor office party.

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# A Special Thanks

## FROM YOUR TEAM CAPTAIN



**Thank you for participating in the 2010 KP Corporate Run/Walk.**

**Without YOU, this event would not have been a huge success. Thanks for your support...**

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