

JANUARY 2017

A FRESH START FOR THE NEW YEAR



LM³ LABOR MANAGEMENT
PARTNERSHIP



Maintaining or losing weight impacts our energy, health and happiness. Start the New Year with the simple tips below.

This month, set an activity goal with your team. Organize a walking meeting or a lunchtime walk with co-workers. Can your team commit to being active 50 minutes a week? What about 90 minutes or 150?

Example: Our team will increase our physical activity by 10 minutes each week by the end of January 2017.

WEIGHT MANAGEMENT TIPS AND TOOLS



Make your weight loss or maintenance count. Join the Pound for Pound challenge on Go KP. For every pound KP 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.



Keep track to stay on track. Daily tracking of what you eat, the amount you eat and how much activity you do is one of the keys to managing weight.



Eat when you are hungry. If you may be eating for reasons other than physical hunger, consider other ways to “fill up”—for instance, calling a friend, reading a book or watching a favorite show.

You can also share what you're thankful for by starting a Gratitude Tree! Contact healthyworkforce@kp.org to request one or download one from kp.org/gokp.