



THE LABOR MANAGEMENT PARTNERSHIP PRESENTS:

HEALTH IS A TEAM SPORT

Teams and individuals at Kaiser Permanente are making getting healthy a priority. Show one of these three videos at your next meeting to inspire others to make healthy changes.

GET UP—GET MOVING:
KP employees take an Instant Recess dance morning every morning in their parking lot.

STEPPING UP TO TOTAL HEALTH:
One woman's inspirational story of how she transformed her health.

GETTING HEALTHY TOGETHER:
A Northwest lab team shares how they are motivating each other to get healthy.



Watch the movies on LMPartnership.org. Type **Health Is a Team Sport** in the search box on the home page.

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