

# Kaiser Permanente

Promoting Health and Well-Being  
at the Workplace



Out of all the exercises you could perform at the workplace, walking is the simplest and easiest way to get your muscles moving. Walking doesn't require breaking a sweat and all you need is 10-minutes and a comfortable pair of shoes, making it the perfect workplace exercise. Implementing a Walk Path at your workplace will help your employees thrive!

## The Many Benefits of Walking

Studies have shown that walking 150 minutes a week may decrease the changes of: Type II diabetes 58%, Depression 47%, Breast Cancer 20%, Colon Cancer 30%, Heart Disease 30%, Stroke 25%, Stress/anxiety 30%, Insomnia 40%.

## Walk Paths Add Value in Three Important Ways

1. **Activity = Engagement:** Physically active, healthy workers suffer less “sick days” and are more productive when present. Good health is the foundation of every aspect of our lives.
2. **Designed Spaces Encourage Use:** A clearly marked walk path guides healthy movement along safe and convenient paths around or near the workplace.
3. **Many Hands Lighten Loads:** Partnering with Kaiser Permanente's Corporate Health Promotion team will ensure a quality worksite walk path. We will identify sign types, design, and implementation of an attractive and functional walk path.

**For further information,** contact Kevin Pham at [kevin.n.pham@kp.org](mailto:kevin.n.pham@kp.org)