THESE BOOTIES ARE MADE FOR WALKING

Most of us already have what we need to walk every day—a good pair of shoes and 15 or 30 minutes. Regular activity such as brisk walking reduces the risk of many common diseases, from heart attack and stroke to hip fracture and glaucoma. KP Walk!, Healthy Workforce’s new online walking program, is designed to help you start walking and keep it up. With KP Walk!, you can:

- Explore virtual walking trails from around the world.
- Build a network with your hand-picked Sole Mates.
- Share personal stories on the Walking Wall.
- Earn rewards as you walk your way to better health.
- Get cool walking tips.

Register today and start logging your progress at kpwalk.com.