## Need help getting started?

- The Kaiser Permanente Resource Line can provide information about exercise and wellness, as well as fitness programs at Group Health and in the community. Call 1-800-992-2279 weekdays from 9 a.m. to 4 p.m.
- Visit our website at kp.org/wa.

## Physical activity

Aim for 30 minutes of physical activity most days of the week.

Activity	Walked the dog													Need another card? Contact the Kaiser
Minutes	30													other car
Date	11/9													Need an

Activity Log

Physical ,