

## 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](http://kp.org/wa).

# Physical activity

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

