



**Get up. Lace up.
Shape Up.**



Kaiser Permanente Sales and Account Management
1851 E. First Street, Suite 1100
Santa Ana, CA 92705



Join a fitness training program and develop a healthy lifestyle through fitness.

- Log on www.GetFitKPOC.org for fitness program tools designed for all levels of fitness, from couch potatoes to competitive runners
- 24-hour/365 day access to tools, podcasting and detailed information on healthy living management
- Check out listing of local fitness events for you to set a goal, train and participate in
- Sign up at www.GetFitKPOC.org for more information