

## FOR IMMEDIATE RELEASE

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### **ONE THOUSAND GET FIT WITH CHAMBER CHALLENGE**

*Participants logged 10,000 plus hours of exercise in Kaiser Permanente sponsored competition*

**SAN DIEGO (Feb. 23, 2017)** – Nearly 1,000 individuals took part in the San Diego Regional Chamber’s 5<sup>th</sup> Annual Get Fit San Diego 30-Day Challenge, logging a total of 10,745 hours of physical activity. The Challenge, sponsored by Kaiser Permanente, ran from January 9 to February 7 and encouraged employees and businesses in the San Diego region to commit to a healthy lifestyle for 30 days and beyond.

“We’re always excited to host the Get Fit Challenge because we’ve seen firsthand that healthy and happy employees make a productive and fun workplace,” said Jerry Sanders, Chamber President and CEO. “The Challenge is a great opportunity for us to engage the business community in workforce wellness and encourage everyone to make positive, healthy changes in their lives.”

“Sponsoring the Get Fit Challenge is a natural fit for Kaiser Permanente,” said Dr. Michael Lalich, Area Medical Director for Kaiser Permanente San Diego. “We’re proud to help businesses encourage healthy employees and a productive and successful workforce. We hope all Challenge participants stick with their new habits for the rest of the year and beyond.”

At the start of the Challenge, participants selected one of three divisions to compete in based on perceived fitness level: “Back on the Wagon,” “Average Joes,” and “Fitness Buffs.” Throughout the Challenge participants took part in weekly activity challenges and photo contests while tracking their daily exercise, nutrition, and wellness to earn Thrive points. The individuals and teams with the most Thrive points at the end of the 30 days were awarded a prize.

As a new feature for participants, this year’s Challenge also included access to an online “Get Fit Calendar,” where individuals and teams could attend free fitness classes hosted by Chamber

members. Boot camps, yoga, Pilates, and even laser tag are examples of classes offered to Challenge participants.

This year's winning companies and individuals were:

- "Back on the Wagon" division:
  - Individual: Eric Cartagena
  - Team: Prava Construction Services, Inc.
- "Average Joes" division:
  - Individual: Dennis Tucker
  - Team: EntraHealth
- "Fitness Buffs" division:
  - Individual: Crystal Howard
  - Team: Kineticom

For photos from the Get Fit weekly challenges, [click here](#).

#### **About The San Diego Regional Chamber**

The San Diego Regional Chamber is the hub for connections and collaboration among the regional business community, and uses that clout to advocate for public policies and candidates that support economic growth and the creation of jobs for all businesses. As the largest local Chamber on the West Coast, representing approximately 2,500 businesses and an estimated 300,000 jobs, the San Diego Regional Chamber is fighting to make San Diego the most business-friendly region in California. For more information, please visit [sdchamber.org](http://sdchamber.org) or call 619-544-1300.

#### **About Kaiser Permanente**

Kaiser Permanente is committed to helping shape the future of health care. We are recognized as one of America's leading health care providers and not-for-profit health plans. Founded in 1945, Kaiser Permanente has a mission to provide high-quality, affordable health care services and to improve the health of our members and the communities we serve. We currently serve more than 11.3 million members in eight states and the District of Columbia. Care for members and patients is focused on their total health and guided by their personal physicians, specialists and team of caregivers. Our expert and caring medical teams are empowered and supported by industry-leading technology advances and tools for health promotion, disease prevention, state-of-the-art care delivery and world-class chronic disease management. Kaiser Permanente is dedicated to care innovations, clinical research, health education and the support of community health. For more information, go to: [kp.org/share](http://kp.org/share).

For information about Kaiser Permanente San Diego, visit [kp.org/sandiego](http://kp.org/sandiego) and follow us on Twitter [@KPSanDiego](https://twitter.com/KPSanDiego).

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