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## FOR IMMEDIATE RELEASE

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### **12,000 HOURS OF EXERCISE FOR CHAMBER'S "GET FIT" CHALLENGE** *Hundreds competed in 30-day health challenge sponsored by Kaiser Permanente*

**SAN DIEGO (Feb. 17, 2016)** – More than 700 individuals took part in the San Diego Regional Chamber's 4<sup>th</sup> Annual Get Fit San Diego 30-Day Challenge, logging a total of 12,651 hours of activity. The Challenge, sponsored by Kaiser Permanente, ran from January 11 to February 9 to encourage employees and businesses in San Diego to commit to a healthy lifestyle for 30 days and beyond.

"At the Chamber, we believe a productive workplace starts with employees who are happy and healthy. Through the Get Fit Challenge, we have shared this philosophy with hundreds of businesses across San Diego County, and encourage them to focus on making fitness and health a priority for their employees," said Jerry Sanders, President and CEO of the San Diego Regional Chamber.

"Congratulations to everyone who completed the Challenge and thank you to our sponsor Kaiser Permanente for making this program possible."

At the start of the Challenge, participants selected one of three divisions to compete in based on fitness level: "Back on the Wagon," "Average Joes," and "Fitness Buffs." Throughout the Challenge participants joined 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.

This year's winning companies and individuals were:

- "Back on the Wagon" division:

- Individual: Jennifer Carney
- Team: Psomas, a sustainable engineering firm
  
- “Average Joes” division:
  - Individual: Berni Meyer
  - Team: Kineticom, a telecommunications and IT staffing agency
  
- “Fitness Buffs” division:
  - Individual: Jessica Deree
  - Team: Kineticom

“Kaiser Permanente is proud to sponsor the Get Fit Challenge again this year,” said Jim Malone, Chief Administrative Officer for Kaiser Permanente San Diego.

“For the past four years, Get Fit has proven to be an effective catalyst for getting over 2,500 San Diegans on track with their health and wellness goals. We’re happy to be a part of that process,” Malone said.

#### **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 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, our mission is 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 9 million members in eight states and the District of Columbia. 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 began serving San Diego in 1967, and currently provides care for more than 550,000 members throughout the county. Over 7,700 staff and more than 1,100 physicians care for our members at 25 medical facilities; Kaiser Permanente’s San Diego Medical Center, which has 414 licensed beds and a 78 bed Emergency Department; and Palomar Medical Center, our plan hospital in North County. To learn more, visit [kp.org/sandiego](http://kp.org/sandiego).



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