

# GO GOLD™

## Kaiser Permanente's 4-Week Challenge



**643 Registered Participants**



**31 State and County Agencies**



**397 Employees Formed 45 teams**

Top 5 Departments	Program Highlights	Gift Card Winners
<ol style="list-style-type: none"> <li>1. Attorney General</li> <li>2. Health</li> <li>3. Education</li> <li>4. Human Services</li> <li>5. County of Kauai</li> </ol>	<p><b>353</b> participants met their overall challenge goal!</p> <hr/> <p><b>478</b> employees (78%) logged activity in all 4 weeks of the challenge.</p>	<p><b>Melody Salinas</b> - Education</p> <p><b>Le'a Kimura</b> - Education</p> <p><b>Lynn Bautista</b> - Budget &amp; Finance</p> <p><b>Erin Conner</b> - Human Resources Development</p> <p><b>Sheila Portela</b> - Commerce and Consumer Affairs</p> <p><b>Joseph McGinley</b> - Attorney General</p> <p><b>Shannon Siemer</b> - Board of Water Supply</p>

### What participants liked about the challenge:

- "It gave me incentive to exercise."
- "Accountability, motivation & participation."
- "Challenging myself against others."
- "Promoted teamwork amongst co-workers."
- "Motivated me to do well and succeed in completing my daily physical activity.."

