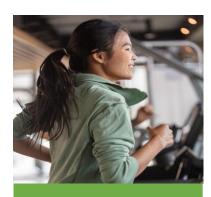
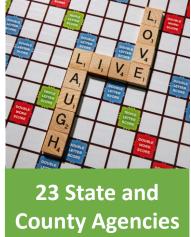
Kaiser Permanente's 4-Week Challenge







485 Registered Participants





292 Employees Formed 39 teams

Top 5 Departments

- 1. Human Services
- 2. Judiciary
- 3. City & County of Honolulu
- 4. Education
- **5. Health** (tie)
- 5. County of Hawaii (tie)

Program Highlights

276 participants met their overall challenge goal!

333 employees (69%) logged activity in all 4 weeks of the challenge.

Gift Card Winners

Tiana Cachola

- Human Services

Cindy Arakaki

- Taxation

An Hollowell

- Univ. of Hawaii

Amber Caranchini

- C&C of Honolulu

Allyn Lee

- C&C of Honolulu

Rowena Bagayas

- Budget & Finance

Kim Coleman

- Law Enforcement

What participants liked about the challenge:

- "I liked everything about the challenge."
- "Team challenge helped drive me to succeed."
- "Getting people to challenge each other."
- "I was finally able to work out before work because of the challenge. A goal of mine for a long time. My routine changed for the better."



