Fitness

Find your way to fitness

Whether you're looking to focus your mind, feel your best, or have more energy throughout the day, being physically fit is something we can all aspire to. Getting started can feel challenging, but even with some simple changes to your behavior and activity level, you can quickly start to reap the benefits of fitness.

Healthy body

Fitness can lead to a healthier heart and stronger lungs, bones, muscles, and joints as well as lowering your risk of falls, diabetes, high blood pressure, and some cancers. Connect to healthy resources at kp.org/healthyliving.

Healthy mind

Physical activity has been shown to help reduce symptoms of depression and anxiety. Being fit can also help you sleep better, manage stress more effectively, and keep your mind sharp.

Healthy spirit

When you work out, you feel better. Fitness gives you more energy for work and free time, and it can help you feel more able to do things like playing with your kids, gardening, dancing, and biking.

Scan the QR code or visit kp.org/fitness for more tips and inspiration.

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