

# 2026 KP GREATER SACRAMENTO (GSAC) DEPARTMENT WALKING CHALLENGE



## Get Ready to Step into Spring!

Join the **Spring into Motion challenge, 4/6-5/3**, encouraging Roseville, Sacramento, and South Sacramento staff and physicians to form department teams and log steps or activity minutes—moving and thriving together. The more you move, the more points you and your team earn—unlocking color rings and competing to be top department team winners.

The top 3 teams in each service area will win prizes, 1st place teams will receive a catered meal, and the top overall Greater Sacramento Area team will be recognized as the Spring into Motion champions.

Scan the **QR code to register on [GoKP](#) by April 6.**



## How it works:

- ✓ March 16th- registration begins. If already on GoKP, you still need to opt-in for the challenge.
- ✓ Be a captain and invite co-workers to form a team or join your department team of 4-40 people.
- ✓ Connect your fitness tracker or manually log activity online or in the app. Bonus points awarded every Thursday!
- ✓ Earn at least 60 points individually by walking 6k+ steps daily (or any activity) and automatically be entered for a chance to win a prize.