

Walk Stairs
Burn calories
Feel better
Weigh less



The victory is
not always to
the swift, but
to those who
keep moving



Step up to a healthier lifestyle.



Start a good habit!



Take
the
stairs!



Stairs...free,
healthy and
fast. Aim
for eight
flights a day!

Take
the
stairs!



Sneak activity into your daily routine.

(developed by CDC)



Take
the
stairs!



Small steps
make a big
difference.



Skip the elevator and take a flight for fitness!

(developed by CDC)

Take
the
stairs!



You don't
wear out...
You rust out.

(developed by CDC)



Take
the
stairs!



Raise your
fitness level
one step at
a time.



Physical
Activity will
add years to
your life and
life to your
years.



(developed by CDC)



No time to
exercise
today? Your
opportunity
is now.



It's never
too late to
be physically
active!

Take
the
stairs!



Want to help control your weight?



Take
the
stairs!



Your heart needs exercise! Here is your chance!

(developed by CDC)



Take the stairs!



Have you had your exercise today?



Take the stairs!



For a better today and a healthier tomorrow...

(developed by CDC)



Take
the
stairs!



The first wealth is health...

(Ralph Waldo Emerson)



Don't wait...

Activate!

(developed by CDC)



Take
the
stairs!



Regular physical activity will significantly lower your risk of many chronic diseases.

Take
the
stairs!



**Aim for
30 minutes of
moderate
intensity physical
activity most days
of the week.**

**Take
the
stairs!**



There are
1,440 minutes
in every day...
schedule 30 of
them for
physical activity!

