

**DON'T
ESCAPE
YOUR CUBICLE
FOR ANOTHER**

TAKE THE STAIRS!

FREE WORKOUT NEARBY

TAKE THE STAIRS!

**NO TIME
TO EXERCISE
TODAY?**

TAKE THE STAIRS!

SNEAK
ACTIVITY
INTO YOUR
DAILY
ROUTINE

TAKE THE STAIRS!

STEP UP
— TO A —
HEALTHIER
LIFESTYLE

TAKE THE STAIRS!

**SMALL STEPS
CAN MAKE A
BIG
DIFFERENCE**

TAKE THE STAIRS!