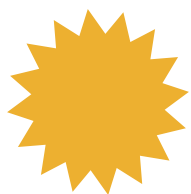


Physical activity
will add years
to your life,
and life to
your years.

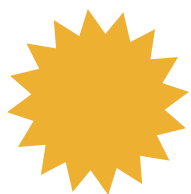




There are
1,440 minutes
in every day...

Schedule at least
30 of them for
physical activity.





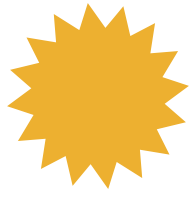
Fight fat...

Feel fit...

Frequent

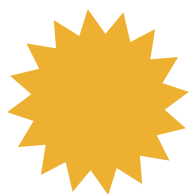
these flights.





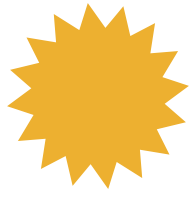
Step up
to a
healthier
lifestyle.





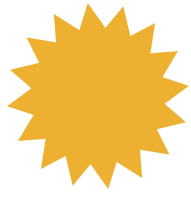
Raise your
fitness level...
one step
at a time.





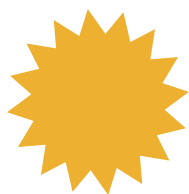
Small steps
make a big
difference.





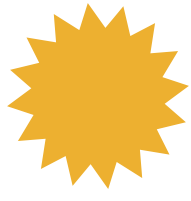
A flight a day
may keep
chronic
disease
away.





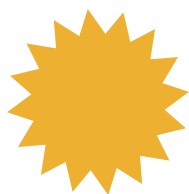
Do some
reps...
take the
steps.





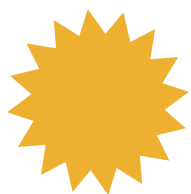
Feeling
stressed?
Burn some
steam.





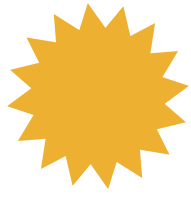
Have you
had any
activity
today?





No time
for activity?
Your
opportunity
is NOW!

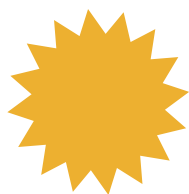




HEY!

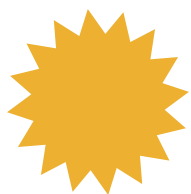
How about
the stairs?





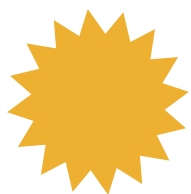
Want to
control
your weight?
Move more!





When you
go up,
your blood
pressure
goes down.





Walking up stairs
burns almost
5 times more
calories than
riding the elevator.

