



Do some
reps...
Take the
steps.





Do you want
to reduce
stress and
tension?





Don't wait,
activate!





For a better
today and a
healthier
tomorrow.





Fight fat...

Feel fit...

Frequent these
flights.





Feeling
stressed?
Burn some
steam.





Free fitness program.





Have you
had your
exercise today?





Hey,
Thought
about the
stairs?





Now that
you have
refueled...





No waiting
one door
over.





No time to
exercise
today? Your
opportunity is now!





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





Raise your
fitness level,
one step at a
time.





Sneak
activity into
your daily
routine.





Skip the
elevator and
take a flight
for fitness.





Step up
to a
healthier
lifestyle.





Small steps
make a big
difference.





Step up
to a
new level
of fitness!





The
cheapest gym
anywhere...
the stairs!!!





The first
wealth
is health.





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





There are 1440
minutes in every
day...schedule
30 of them for
physical activity.





Want to help
control your
weight? Take
the stairs.





Walk stairs -
Burn calories -
Feel better -
Weigh less -
Simple, isn't it?





Your heart
needs exercise.
Here's your
chance.





We are
what we
repeatedly do.
(Aristotle)





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





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





When you
go up, your
blood pressure
goes down.





A flight a
day may keep
chronic disease
away.





In one minute,
a 150 pound person
burns approximately
10 calories walking
up stairs, and only
1.5 calories riding
an elevator.

