



Feeling *Stressed?* Burn Some *Steam!*





Feeling *Stressed?* Burn Some *Steam!*





Door to a *Stronger* Heart!





Door to a *Stronger* Heart!





*Don't just
stand there...*

Take the
STAIRS





*Don't just
stand there...*

Take the
STAIRS





*No time
for activity?
Your opportunity
is **NOW!***





*No time
for activity?
Your opportunity
is **NOW!***





Still *Stressed?*

Take another *Flight!*



Keep Going!
You're
almost
there!

INCREASE MOVEMENT AT WORK
Stairwell Poster



You Made It!



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