

**DON'T
WANT TO
WAIT?**

TAKE THE STAIRS!



Region of Waterloo
PUBLIC HEALTH

Move more... move often

RAISE YOUR
DAILY
FITNESS
ONE STEP
AT A TIME

TAKE THE STAIRS!



Region of Waterloo
PUBLIC HEALTH

Move more... move often

SNEAK
ACTIVITY
INTO YOUR
DAILY
ROUTINE

TAKE THE STAIRS!



Region of Waterloo
PUBLIC HEALTH

Move more... move often

STEP UP
— TO A —
HEALTHIER
LIFESTYLE
TAKE THE STAIRS!



Region of Waterloo
PUBLIC HEALTH

Move more... move often

**SMALL STEPS
CAN MAKE A
BIG
DIFFERENCE**

TAKE THE STAIRS!



Region of Waterloo
PUBLIC HEALTH

Move more... move often

YOUR BODY NEEDS EXERCISE

TAKE THE STAIRS!



Region of Waterloo
PUBLIC HEALTH

Move more... move often

REDUCE
YOUR
STRESS &
TENSION

TAKE THE STAIRS!



Region of Waterloo
PUBLIC HEALTH

Move more... move often

**SAVE
TIME &
ELECTRICITY.
GO RETRO!**

TAKE THE STAIRS!



Region of Waterloo
PUBLIC HEALTH

Move more... move often

THINK OUTSIDE THE BOX!

TAKE THE STAIRS!



Region of Waterloo
PUBLIC HEALTH

Move more... move often

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

TAKE THE STAIRS!



Region of Waterloo
PUBLIC HEALTH

Move more... move often

FREE WORKOUT NEARBY

TAKE THE STAIRS!



Region of Waterloo
PUBLIC HEALTH

Move more... move often

**NO TIME
TO EXERCISE
TODAY?**

TAKE THE STAIRS!



Region of Waterloo
PUBLIC HEALTH

Move more... move often

THE CHEAPEST
GYM
MEMBERSHIP
ANYWHERE

TAKE THE STAIRS!



Region of Waterloo
PUBLIC HEALTH

Move more... move often

RACE
— THE —
ELEVATOR!
TAKE THE STAIRS!



Region of Waterloo
PUBLIC HEALTH

Move more... move often

**WHY RIDE
WHEN YOU CAN
TAKE
A FLIGHT?**

TAKE THE STAIRS!



Region of Waterloo
PUBLIC HEALTH

Move more... move often

OPEN THE
DOOR TO
BETTER
HEALTH

TAKE THE STAIRS!



Region of Waterloo
PUBLIC HEALTH

Move more... move often