DON’T WANT TO WAIT?
TAKE THE STAIRS!
RAISE YOUR DAILY FITNESS
ONE STEP AT A TIME
TAKE THE STAIRS!

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!
REDUCE YOUR STRESS & TENSION
TAKE THE STAIRS!
SAVE TIME & ELECTRICITY. GO RETRO!
TAKE THE STAIRS!

Region of Waterloo
PUBLIC HEALTH

Move more... move often
THINK OUTSIDE THE BOX!
TAKE THE STAIRS!

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!

Move more... move often
RACE THE ELEVATOR!
TAKE THE STAIRS!

Move more... move often
WHY RIDE WHEN YOU CAN TAKE A FLIGHT?
TAKE THE STAIRS!

Move more... move often
OPEN THE DOOR TO BETTER HEALTH
TAKE THE STAIRS!