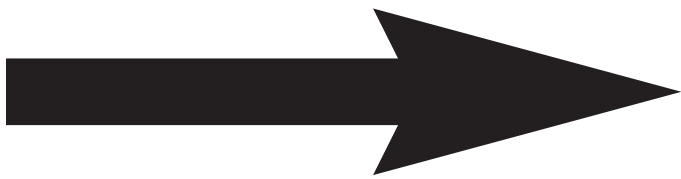


Free StairMaster here!



*The Ready, Set, Go! 5210 program is adapted from the Let's Go! program in Portland, Maine. Visit <http://www.letsgo.org> for additional resources.

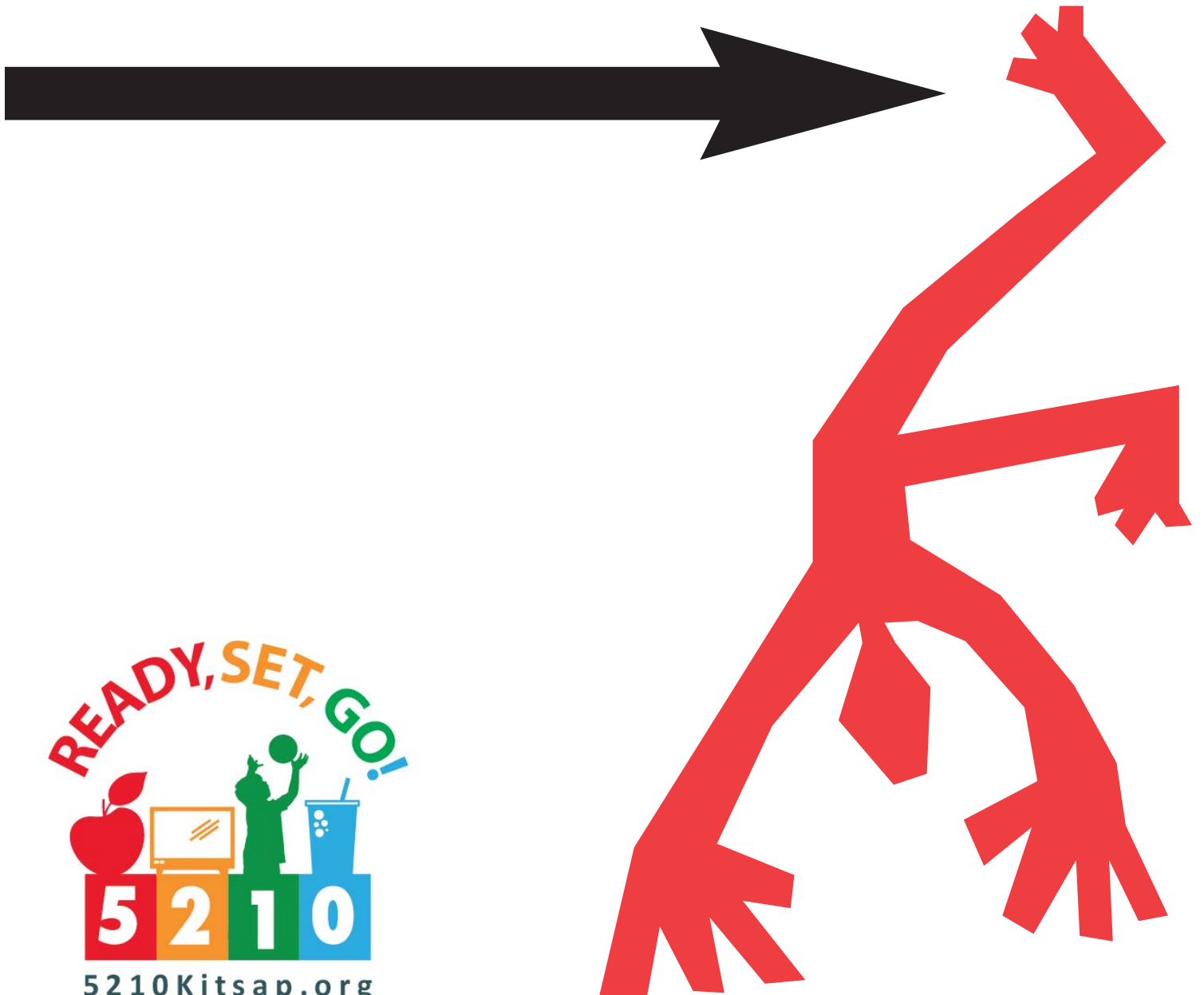
**Burn
calories.
Take the
stairs.**



5210Kitsap.org

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Race the elevator.



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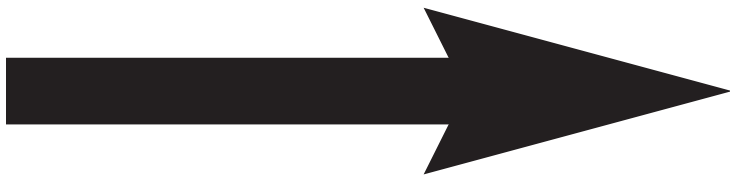
Door to a stronger heart.



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Enter free gym here.



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**This way to
burn off last
night's
dessert.**

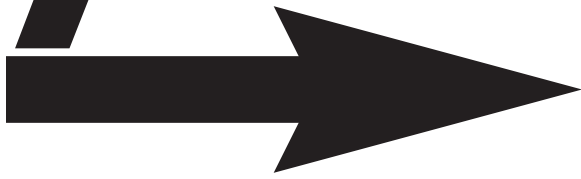


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Your hips will thank

you.



5210Kitsap.org

*The Ready, Set, Go! 5210 program is adapted from the Let's Go! program in Portland, Maine. Visit <http://www.lets-go.org> for additional resources.

Walk off that whoopie pie here.



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Work off last night's chocolate temptation.



5210Kitsap.org

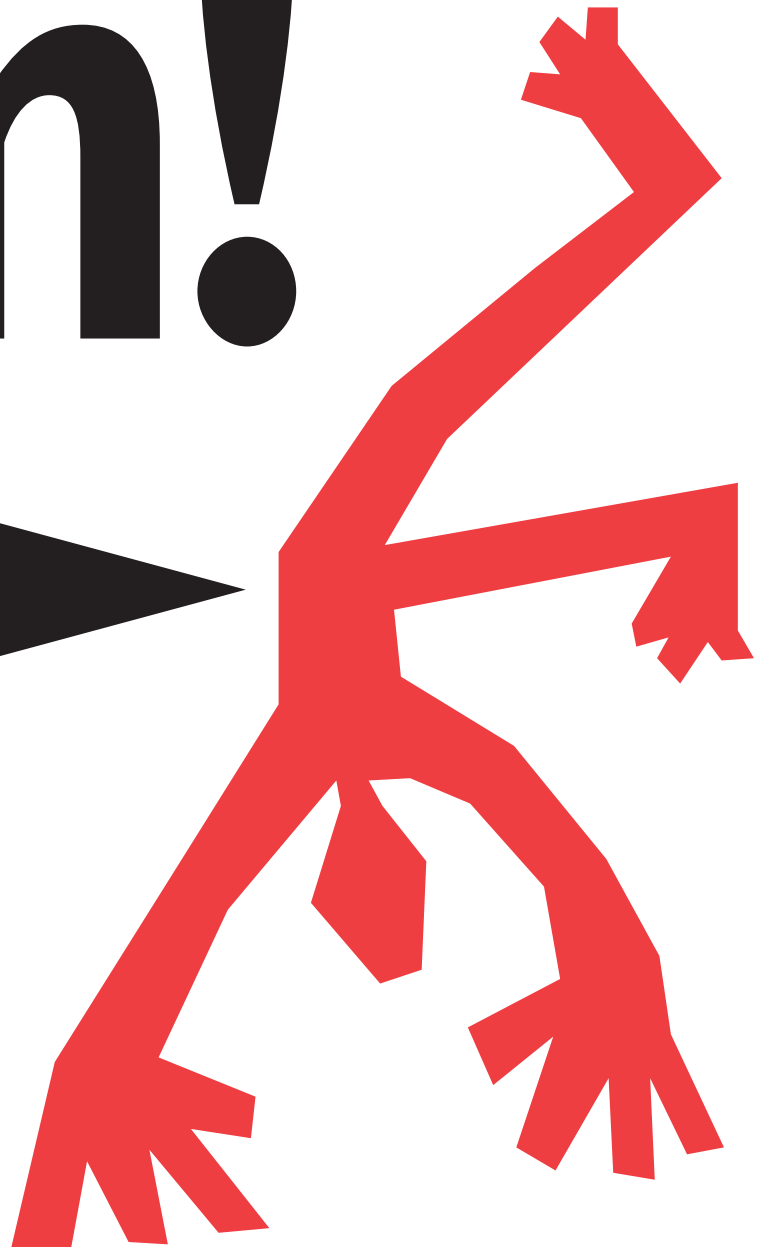
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**Abandon all
excess calories,
ye who
enter here.**



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Free gym!



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**Feel
stressed?
Burn some
steam.**



Free activity program.



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Steps this

way.



5210Kitsap.org



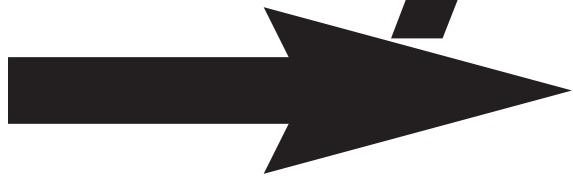
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Lower your blood pressure.



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**No waiting.
Steps this
way.**



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Have you had any activity today?



5210Kitsap.org

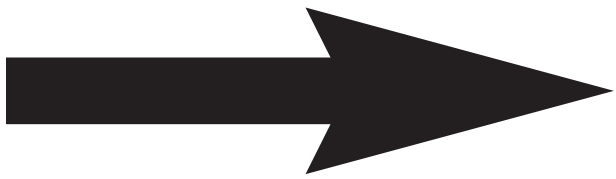
*The Ready, Set, Go! 5210 program is adapted from the Let's Go! program in Portland, Maine. Visit <http://www.lets-go.org> for additional resources.

**Walking up stairs
burns 4 times
more calories
than riding
the elevator.**



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No waiting. One door over.



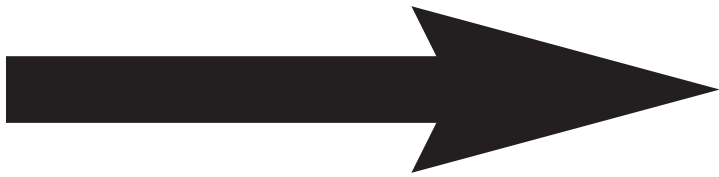
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Raise your fitness level one step at a time.



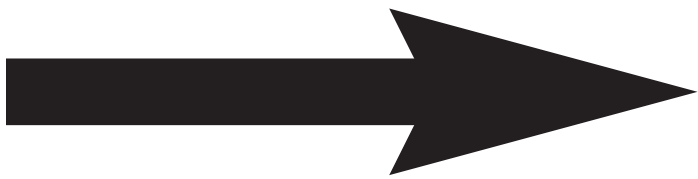
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No time for activity? Your opportunity is now!



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**Don't just
stand there...
take the
stairs!**



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