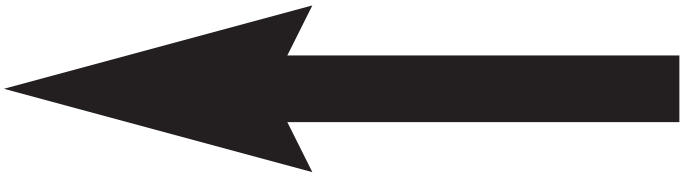
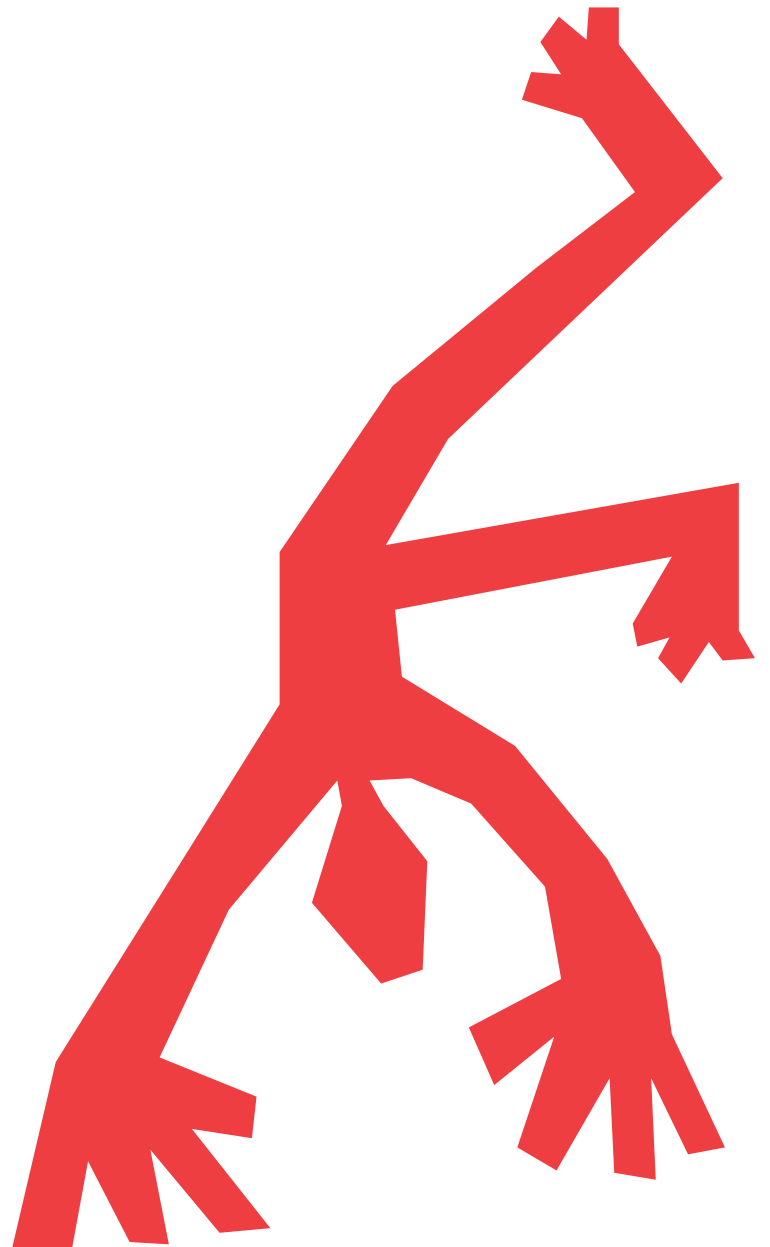


Free StairMaster here!



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*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.**



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Race the elevator.



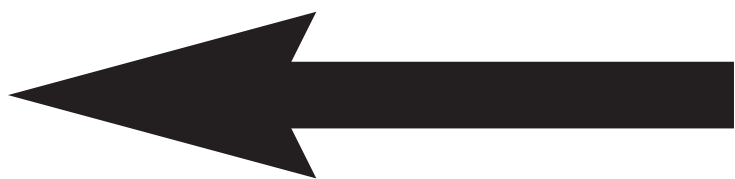
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Door to a stronger heart.



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Enter free gym here.



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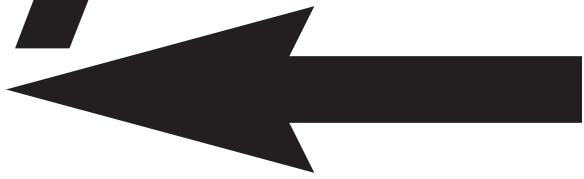
**This way to
burn off last
night's
dessert.**



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Your hips will thank

you.



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Walk off that whoopie pie here.



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Work off last night's chocolate temptation.



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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.**



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Free activity program.



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Steps this

way.



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Lower your blood pressure.

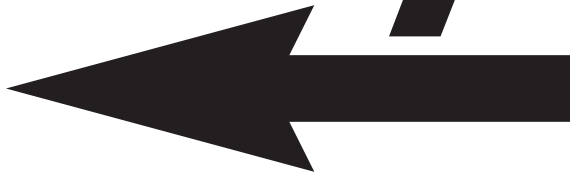


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*The Ready, Set, Go! 5210 program is adapted from the Let's Go! program in Portland, Maine. Visit <http://www.lets-go.org> for additional resources.

**No waiting.
Steps this
way.**



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Have you had any activity today?



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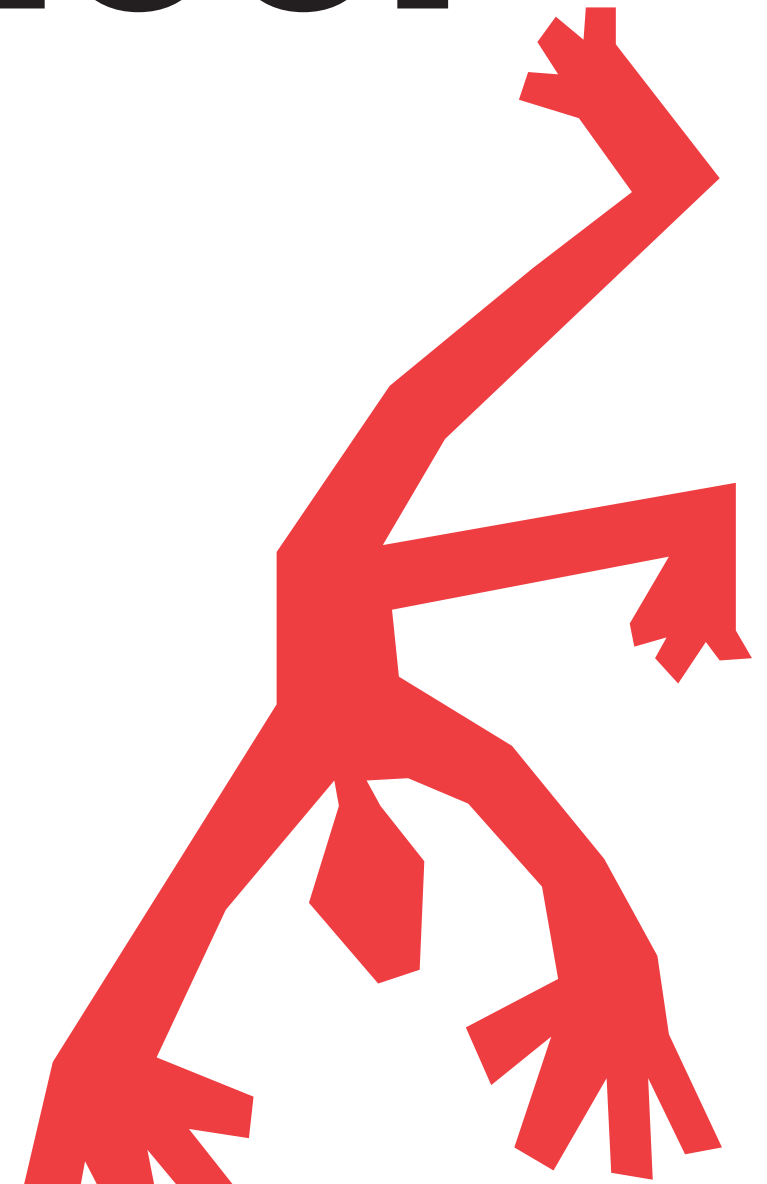
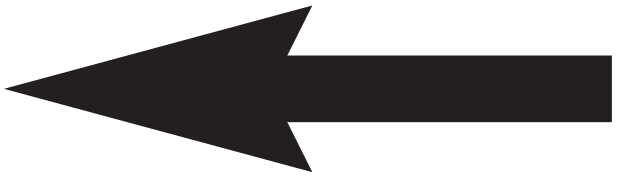
**Walking up stairs
burns 4 times
more calories
than riding
the elevator.**



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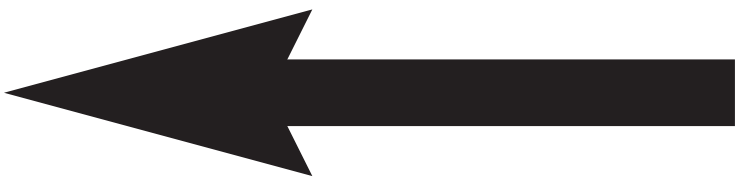


**No waiting.
One door
over.**



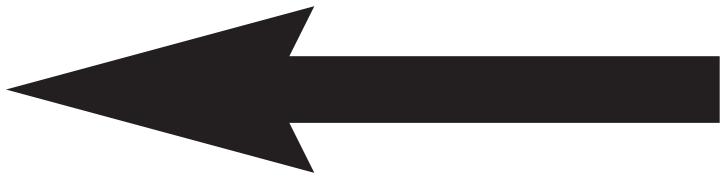
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Raise your fitness level one step at a time.



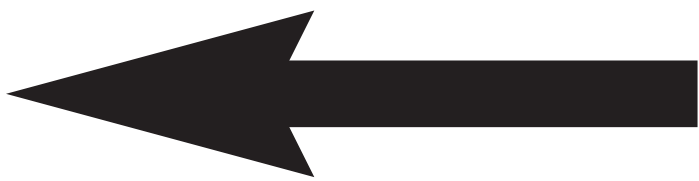
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No time for activity? Your opportunity is now!



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



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