

**Burn more  
calories,  
take  
another  
flight.**

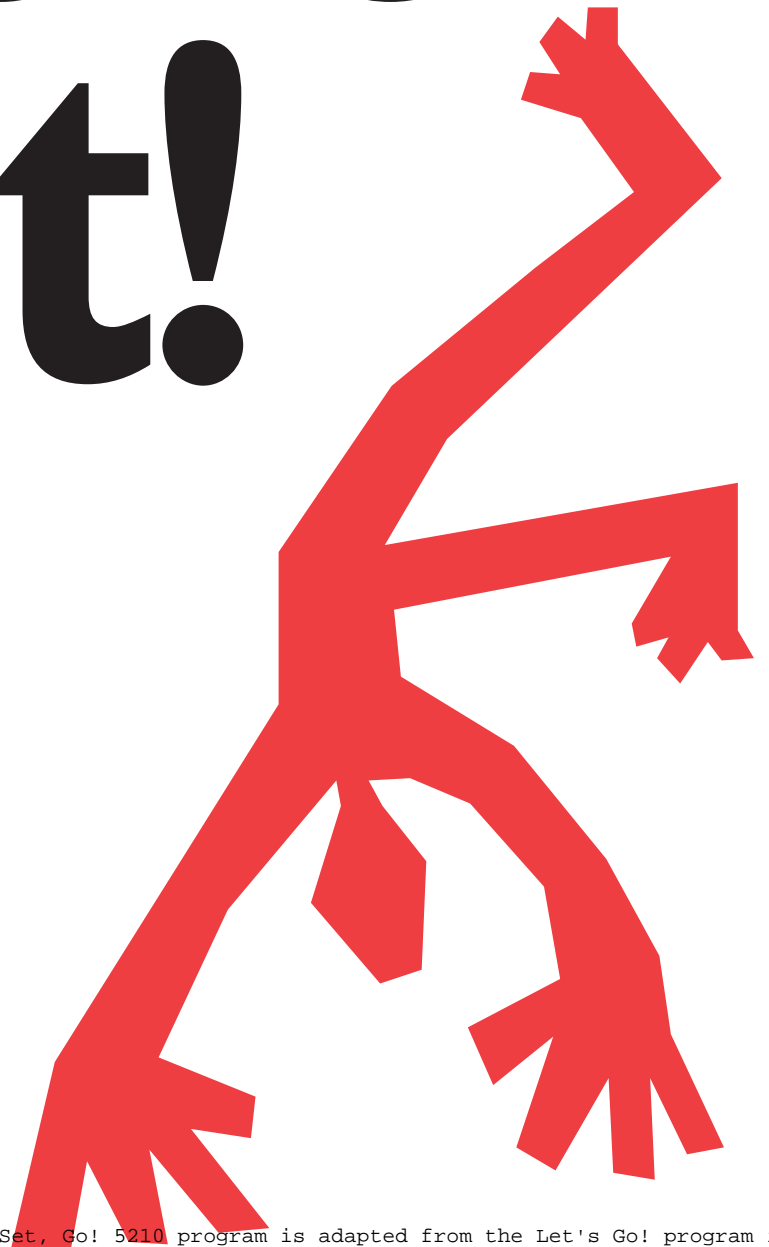


\*The Ready, Set, Go! 5210 program is adapted from the Let's Go! program in Portland, Maine. Visit <http://www.letsgo.org> for additional resources.

# Take another flight!



5210Kitsap.org



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Keep  
going...  
you're  
almost  
there!



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# Keep steppping!



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**Still  
stressed?  
Take  
another  
flight!**



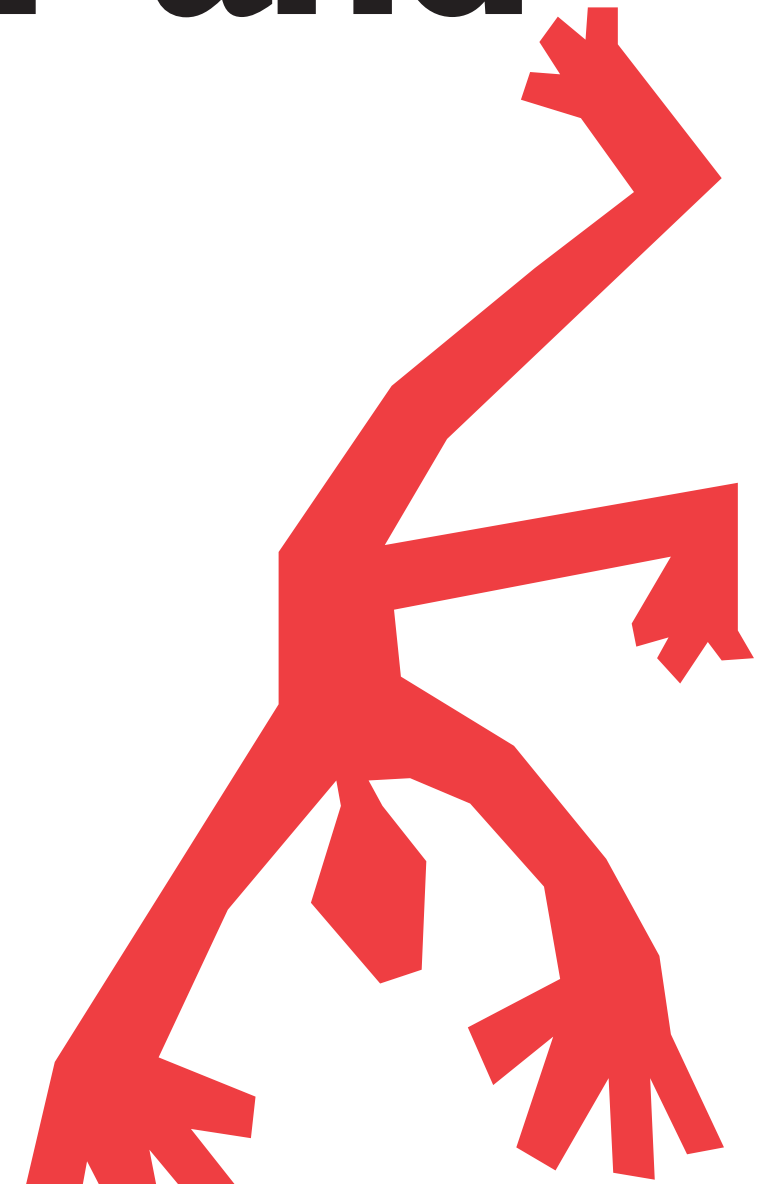
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People are still  
waiting for the  
elevator and  
you're  
almost  
there!



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# You made it!



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**Don't you feel  
better now  
that you  
took the  
stairs?**



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