

WHY NOT TAKE THE STAIRS?

**A fitter you is closer
than you think.**

Find what moves you at
PHILLY POWERED.org

#mymovesmyway



**DON'T JUST
STAND THERE!
TAKE THE
STAIRS!**

**A fitter you is closer
than you think.**

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**GET HEALTHY
X PHILLY**
Healthy, Active & Smoke-Free



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NO WAITING... STAIRS THIS WAY.

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**BURN
CALORIES,
NOT ENERGY.
TAKE THE
STAIRS!**

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than you think.**

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JOIN OUR FREE GYM TODAY! TAKE THE STAIRS!

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FREE STAIRMASTER... THIS WAY!

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**DO SOME
REPS...
TAKE THE
STEPS!**

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HEALTHY
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DOOR TO A HEALTHIER HEART.

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THIS WAY TO BURN OFF LAST NIGHT'S DESSERT.

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WALK THIS WAY!

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than you think.**

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**CHANGE
HAPPENS
ONE STEP
AT A TIME.**

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SMALL STEPS MAKE A BIG DIFFERENCE.

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FEELING STRESSED? TAKE IT OUT ON THE STAIRS!

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**JUST 2
MINUTES
ON THE STAIRS
A DAY, KEEPS
THE POUNDS
AWAY!**

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than you think.**

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**GET HEALTHY
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**A FLIGHT (OR 2)
A DAY, KEEPS
CHRONIC
DISEASE
AWAY.**

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than you think.**

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