

GET  
FIT  
TAKE THE STAIRS



# TO TONE YOUR LEGS AND BUM TAKE THE STAIRS



BUILD A  
**STRONGER  
HEART**  
TAKE THE STAIRS



STEP UP  
TO  
HEALTH  
TAKE THE STAIRS



SMALL STEPS  
**BIG**  
DIFFERENCE  
TAKE THE STAIRS



FREE FITNESS  
ZONE  
TAKE THE STAIRS



RACE  
THE LIFT  
TAKE THE STAIRS



# BURN CALORIES TAKE THE STAIRS



WHY  
WAIT?

TAKE THE STAIRS



YOUR BODY SAYS  
**THANKS**  
FOR  
TAKING THE STAIRS

