



## Take the stairs poster

Taking the stairs is a simple, easy and effective way to incorporate physical activity into our everyday working lives. This poster is designed to be displayed near lifts to encourage people to take the stairs instead.

A multicomponent toolkit for promoting physical activity via using the stairs in the workplace is available [here](#).

Published

26 February 2024

Last reviewed

26 February 2024

### Details

Format  
A3 poster  
Target group  
General public

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