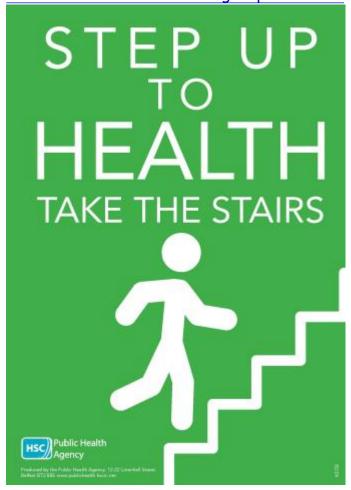
Monday, 26 February 2024

Health and Social Wellbeing Improvement



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.

Details

Format
A3 poster
Target group
General public

Downloads

Attachment

Size

Take the stairs poster 02 24.pdf 103.52 KB

Tags

• Physical activity

Print