

Step into Shape!

Instead of taking the elevator, why not take the stairs?

By taking the stairs, you will:

- Burn 3x more calories
- Increase your energy
- Increase your heart and lung health
- Live longer
- Experience less stress
- Think more clearly
- Get a free workout!

Sign up today!



WALK. BIKE. DANCE. PLAY. 30 MINUTES EVERY DAY!

www.Move2HealthCentralVA.org