

Walk this Way!



Improving Health One Step at a Time

Make *walking* and *stair climbing* part of your working environment for your health. Medical studies show that long periods of sitting lead to a variety of health issues and can shorten your life span. Even small amounts of walking and taking the stairs can improve your health.

Organize a stair climbing party and compete against other teams for health and glory.

- Print and place a tracker form by each staircase.
- Every time someone takes the stair, initial it!
- The winner has the most flight - but stronger legs and healthier hearts are the real prize.



We're part of Practice Greenhealth's Earth Day Leadership to support a year of Earth Days for a Healthier Environment.

www.PracticeGreenhealth.org/earthday



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