



stay healthy,
one step at a
time.



U.S. General Services Administration

free fitness is
just a stair away.

◀ consider the stairs ▶



gym membership
\$1500

gym clothes
\$800

use the stairs
priceless



step up,
step down,
step your way to
a healthier you.



U.S. General Services Administration

stepping up for
good health.

◀ consider the stairs ▶



U.S. General Services Administration

good health
starts with the
first step.

◀ consider the stairs ▶



incorporate
fitness into your
work—use the
stairways.