

Promote Taking the Stairs

Taking the stairs is a great way for employees to add movement to their day.

To Promote Taking the Stairs:

Check Stairwells

Address maintenance issues and make sure your stairwells are clean and well lit.

Get Approval

Remember to check with the building owner or property management before installing signage.

Promote the Stairwell Option

Hang **point of decision signage** near elevators and stairs and hang **motivational signage** inside stairwells. Recruit champions (including department and senior management and wellness committee members) to lead by example by taking the stairs.

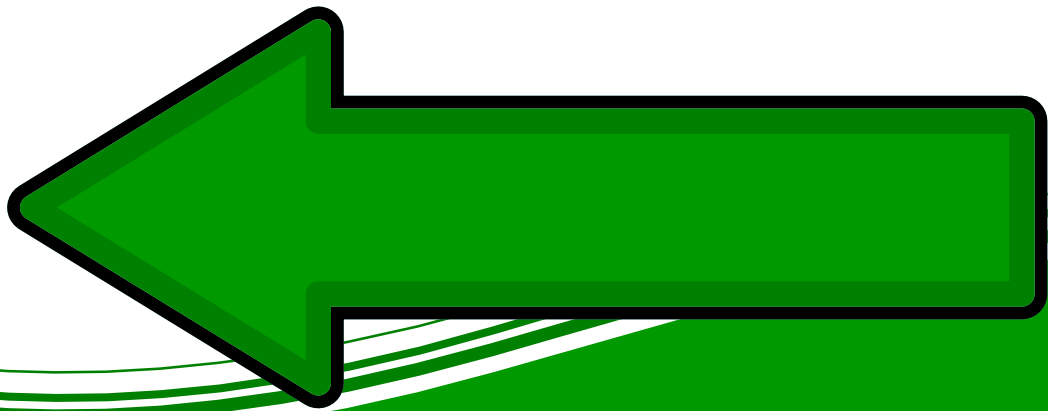
In Action!

Anthem Blue Cross and Blue Shield of Maine posted signage and employee art in stairwells to encourage taking the stairs.



For more information visit us at <https://5210.psu.edu> or email at 5210@psu.edu.

*Don't just
stand there...*
Take the
STAIRS



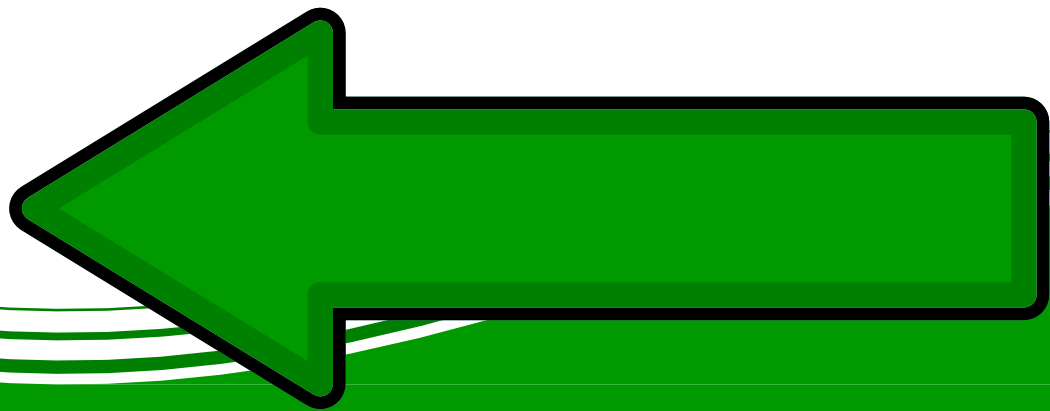
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CLEARINGHOUSE
FOR MILITARY FAMILY READINESS

This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Family Policy, Children and Youth, U.S. Department of Defense under Award No. 2010-48709-21867 developed in collaboration with The Clearinghouse for Military Family Readiness at Penn State University. 5210 Healthy Military Children is adapted from Let's Go! www.letsgo.org.

as of July 11, 2017

Feeling *Stressed?* Burn Some *Steam!*



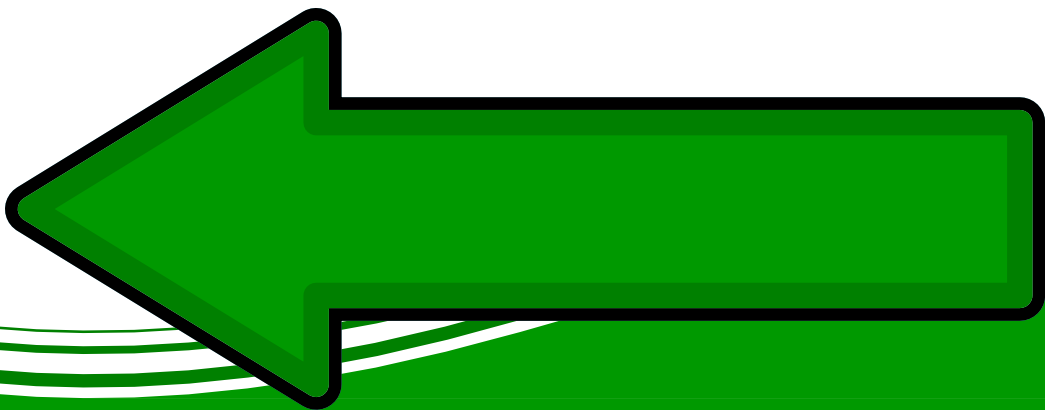
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Door to a *Stronger* *Heart!*



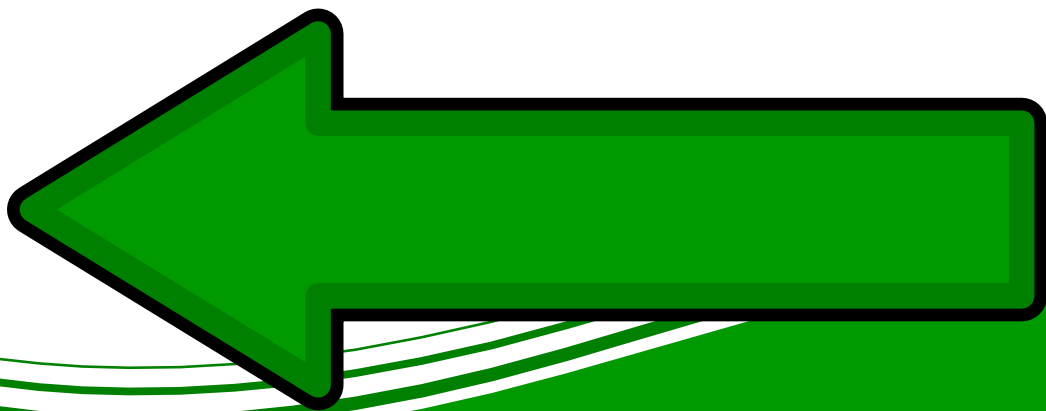
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*No time
for activity?
Your opportunity
is NOW!*



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Keep Going!
You're
almost
there!

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You Made It!



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