



Change
happens
one step
at a time.





I'm walkin'.
Yes, indeed.

(Fats Domino)





The victory
is not always
to the
swift, but to
those who
keep moving.





Physical
activity will
add years
to your life,
and life to
your years.





The first
wealth
is
health.

(Ralph Waldo Emerson)





In one minute,
a 150 pound
person burns
approximately
10 calories
walking up stairs,
and only 1.5
calories riding
an elevator.





Walking
up stairs
burns almost
5 times more
calories than
riding an
elevator.





There are
1440 minutes
in every day...
schedule 30
of them for
physical
activity.





No
waiting
one door
over.





Small
steps
make big
differences.





Raise your
fitness level,
one step
at a
time.





Fight fat...

Feel fit...

Frequent
these
flights.





Step up
to a
healthier
lifestyle.





Take a
little walk
with me.

(Muddy Waters)





One step
farther
each day.
You can
do it.





Now
that you
have
refueled...

