



U.S. General Services Administration

try multi-tasking.
walk and talk.

◀ consider the stairs ▶



U.S. General Services Administration

hand deliver your
emails.

◀ consider the stairs ▶



U.S. General Services Administration

avoid awkward
silences by taking
the stairs.

◀ consider the stairs ▶



U.S. General Services Administration

work off your
lunch before you
eat it. walk there.

◀ consider the stairs ▶



U.S. General Services Administration

stairs are much
nicer than elevators.
they have no wait
limit.

◀ consider the stairs ▶



U.S. General Services Administration

free StairMasterTM
right next door.

◀ consider the stairs ▶



U.S. General Services Administration

prepare yourself
for climbing the
ladder of success
by climbing the
stairs to success.

◀ consider the stairs ▶



U.S. General Services Administration

coffee isn't the
only thing that will
get you going in
the morning.

◀ consider the stairs ▶



U.S. General Services Administration

running to catch
the elevator
doesn't count.

◀ consider the stairs ▶



U.S. General Services Administration

take the long way
back to your desk.

◀ consider the stairs ▶

don't escape your
cubicle just to get
in another.

◀ consider the stairs ▶