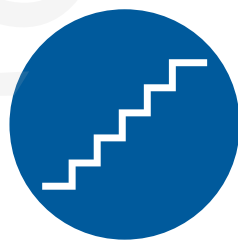


• • • Steps to Better Health • • •

Raise your fitness level,
one step at a time.

Take the
stairs.



Take Charge of Your Health

www.sedgwickcounty.org



Sedgwick County...
working for you

SCHD - 316-660-7300

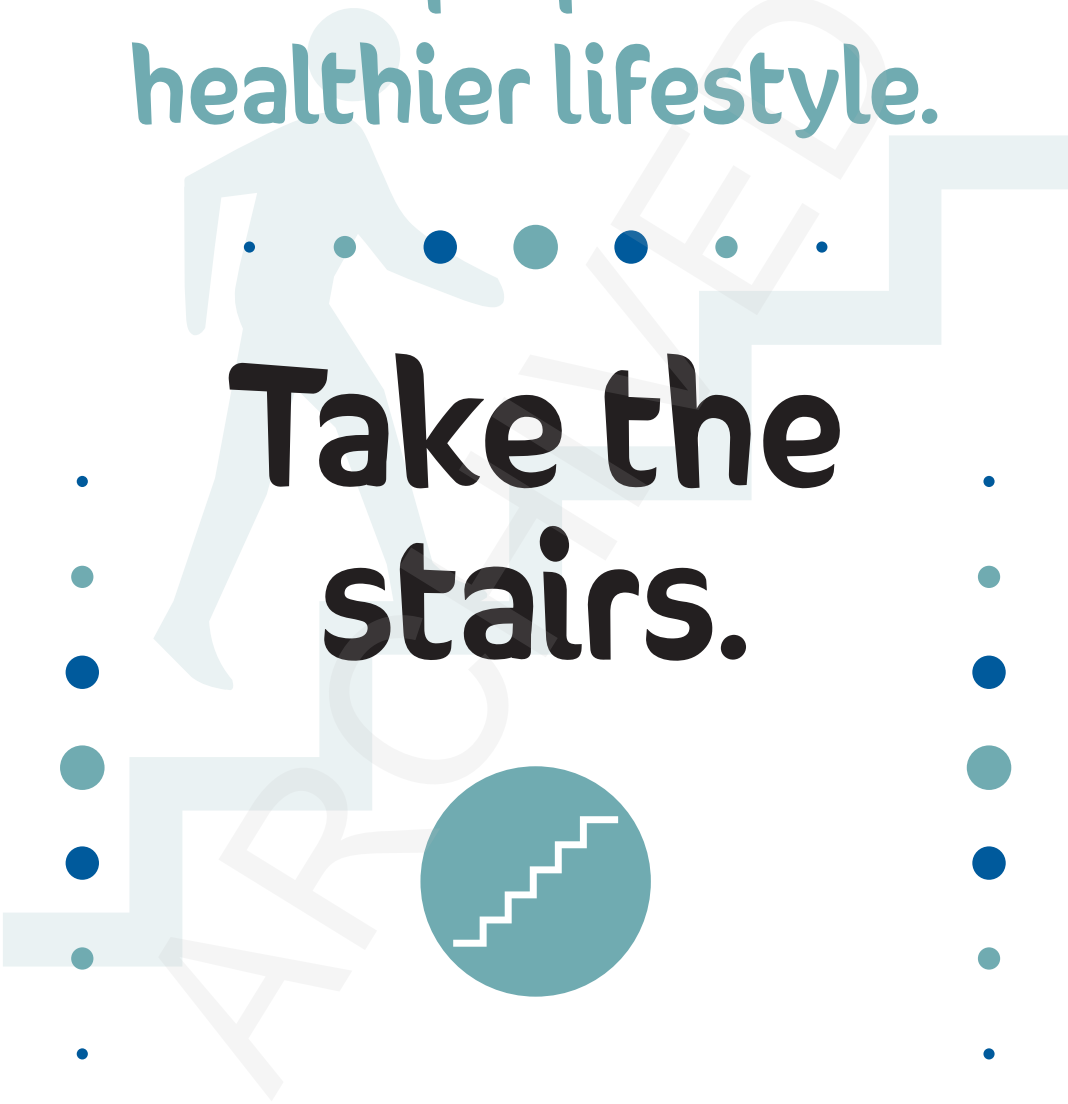
• • • Sedgwick County Health Department • • •

Funding for this project is provided by Kansas Health Foundation, Wichita, Kansas.
Kansas Health Foundation is a philanthropic organization whose mission is to improve the quality of health in Kansas.

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Step up to a healthier lifestyle.

Take the stairs.



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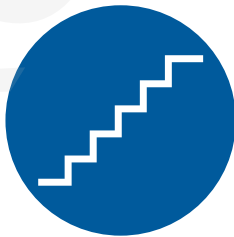
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Small steps make
a big difference.

Take the
stairs.



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The cheapest gym,
ANYWHERE!

**Take the
stairs.**



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Burn calories, feel good,
LOSE WEIGHT!

**Take the
stairs.**



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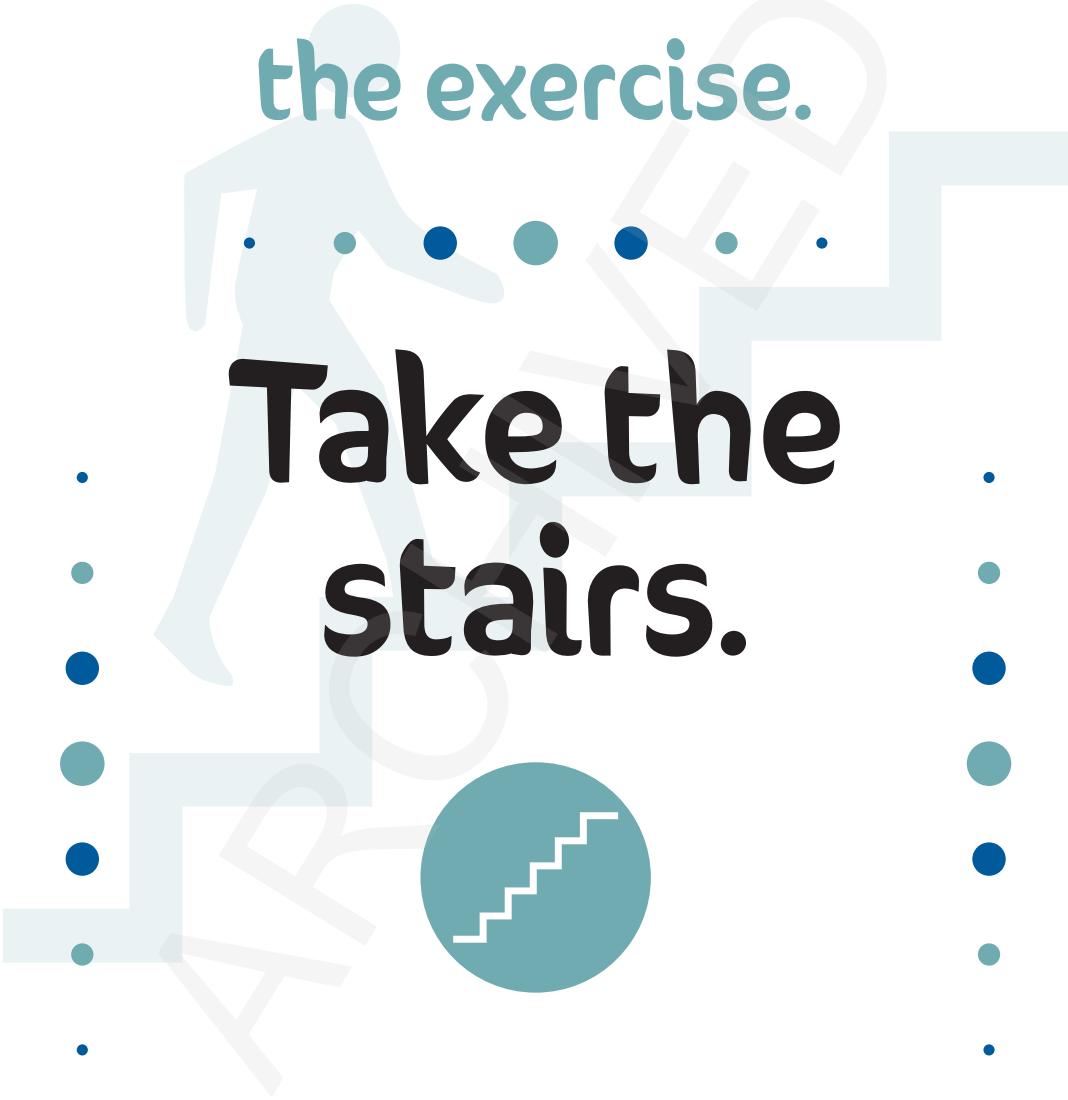
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Your heart needs
the exercise.

Take the
stairs.



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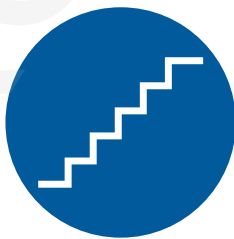
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You go up, your blood pressure goes down.

Take the stairs.



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