

Take the stairway to health.



Healthy Living™

Don't wait for the elevator. Walk. It's free, convenient and the easiest physical activity to keep up. After all, you already know how. Step to it!



Fitness Basics Healthy Eating Nutrition Basics **Getting Started**
GETTING FIT **RECIPES** **Walking** Raising Healthy Kids Getting Fit
Healthy Habits Staying Motivated HEALTHY COOKING *Healthy Living For All*