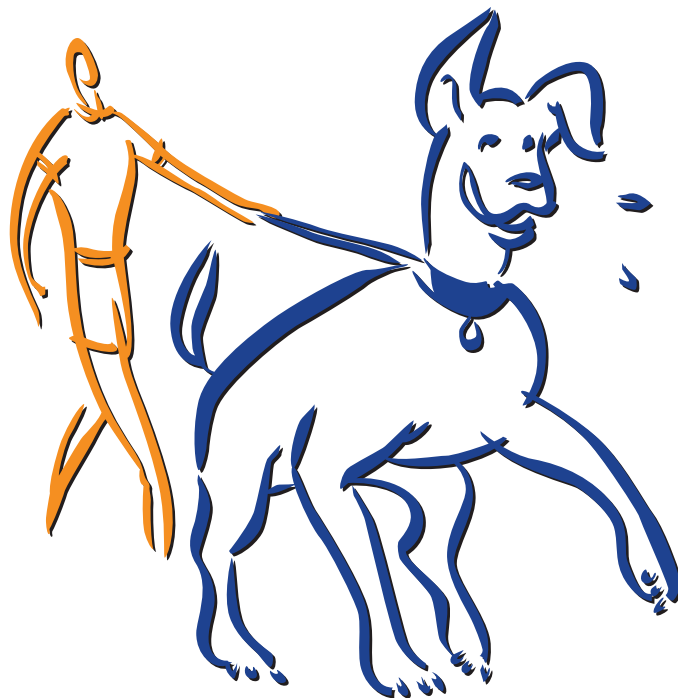


You Can Find the Time!

Get Active

It's your time...
try 15 minutes
twice a day.



You Can Find the Time!

Get Active

Taking the stairs is
faster...



and healthier than
waiting for the
elevator.



You Can Find the Time!

Get Active

Want quality time
with your family?



How about a family
walk in the evening?



You Can Find the Time!

Get Active

Deliver your
message in person.



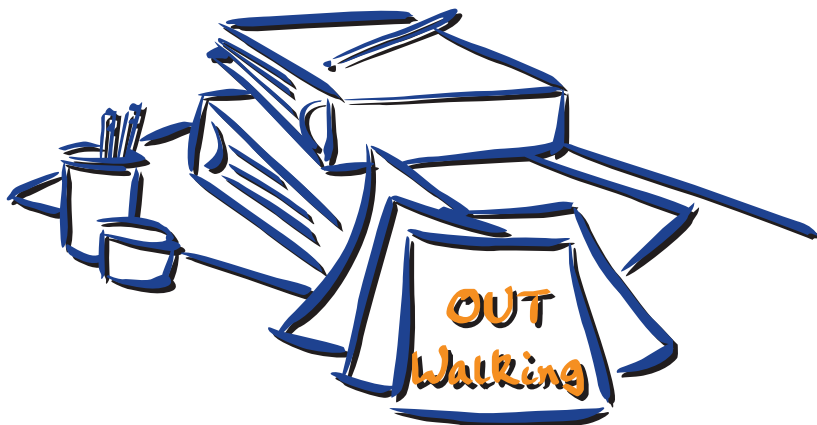
Change typing time
into walking time.



You Can Find the Time!

Get Active

You get 30 minutes
3 times a week to be
physically active
at work.



Ask your supervisor how!



You Can Find the Time!

Get Active

Spend time walking from
the end of the
parking lot...



instead of driving around
looking for a closer spot.

