

Monday, 26 February 2024

[Health and Social Wellbeing Improvement](#)



Taking the stairs is a simple, easy and effective way to incorporate physical activity into our everyday working lives This poster is designed to be displayed near lifts to encourage people to take the stairs instead.

A multicomponent toolkit for promoting physical activity via using the stairs in the workplace is available [here](#).

Details

Format

A3 poster

Target group

General public

Downloads

Attachment	Size
Take the stairs poster 02 24.pdf	103.52 KB

Tags

- [Physical activity](#)

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