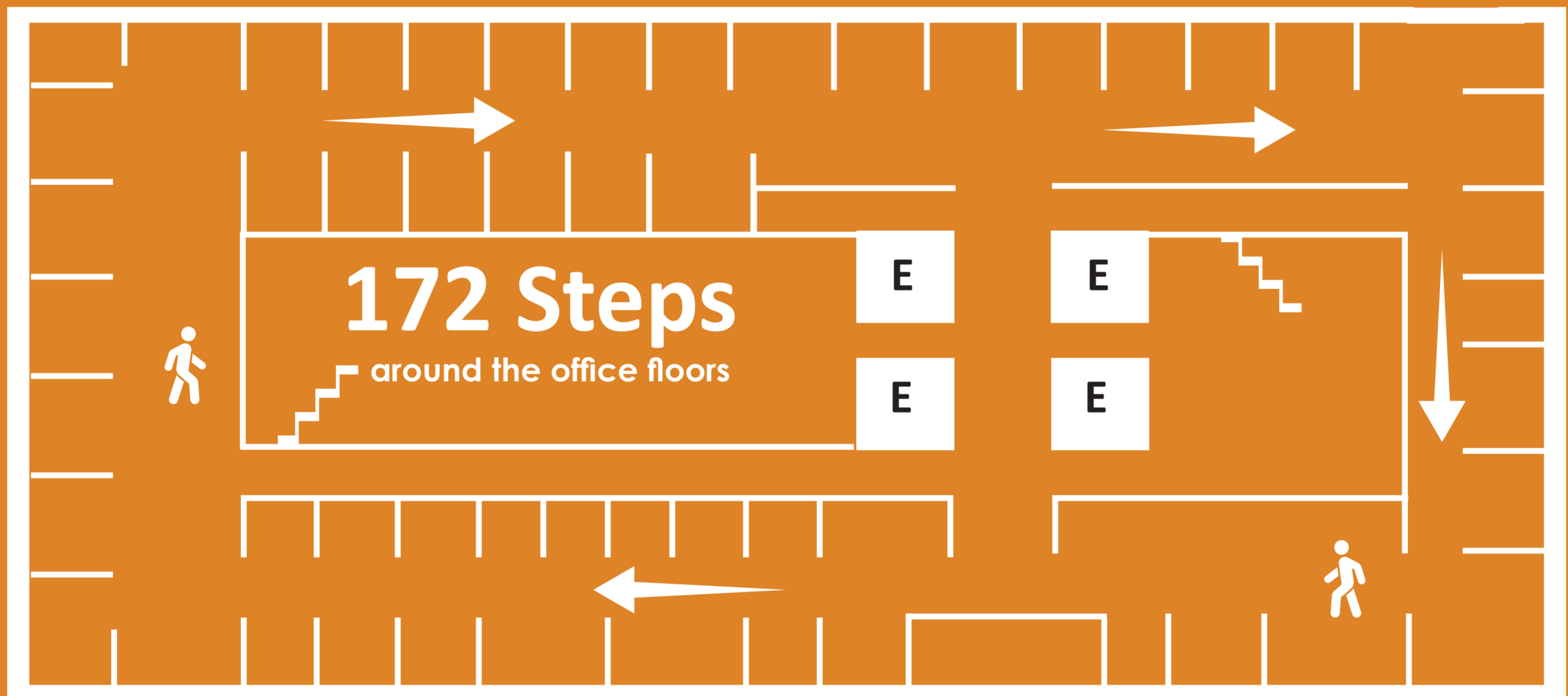


# BUILDING HEALTHY STEPS

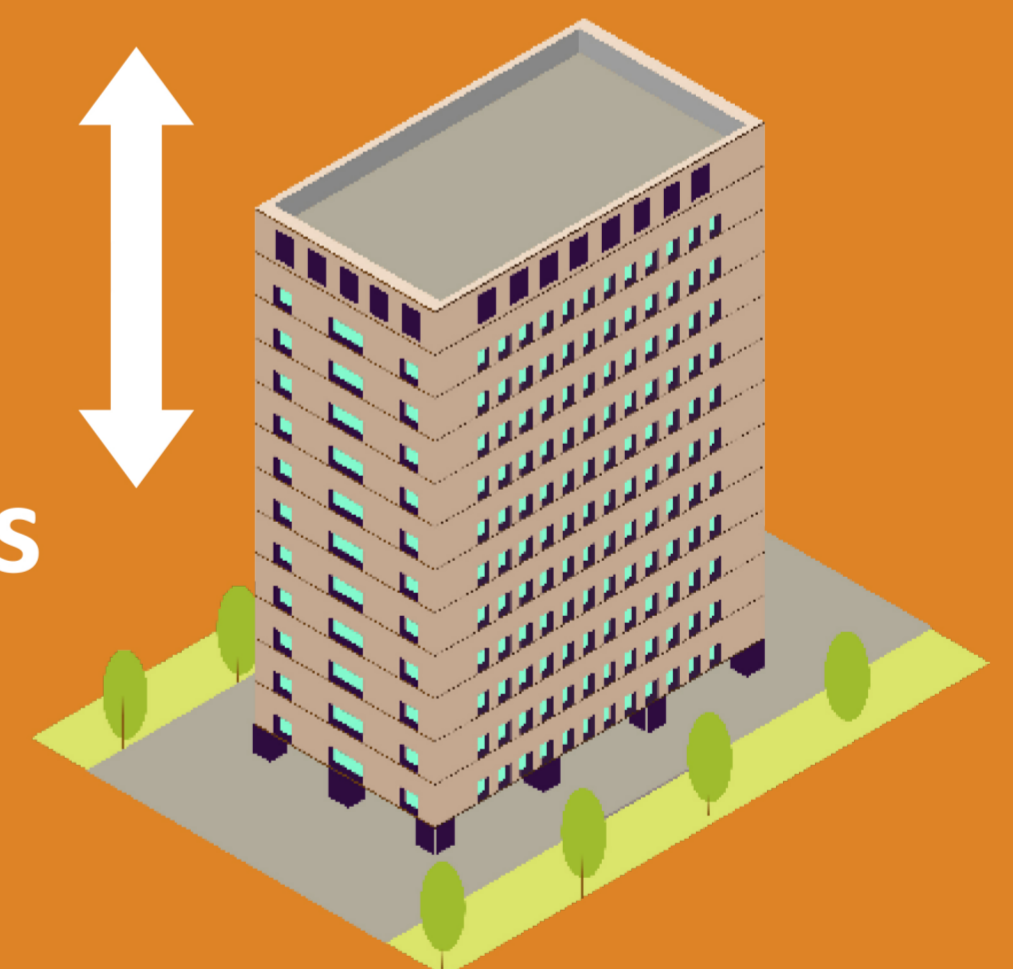
Inside Health

Workplaces are great locations to start healthy living. Walking is a free, healthy activity that doesn't require any special equipment and can easily be incorporated into your work day.

Inside **Virginia**  
Department  
of Health



**272 Steps**  
from the 13th  
floor to  
the lower  
basement



**100 minutes of  
moderate physical  
activity per week**