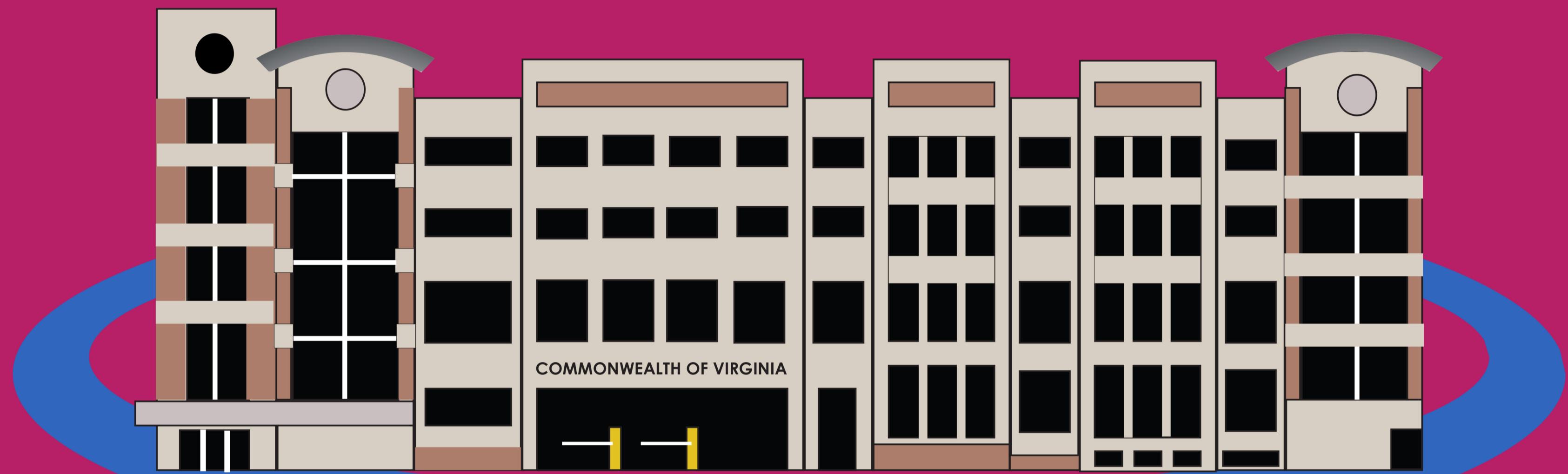


BUILDING HEALTHY STEPS

Area Health

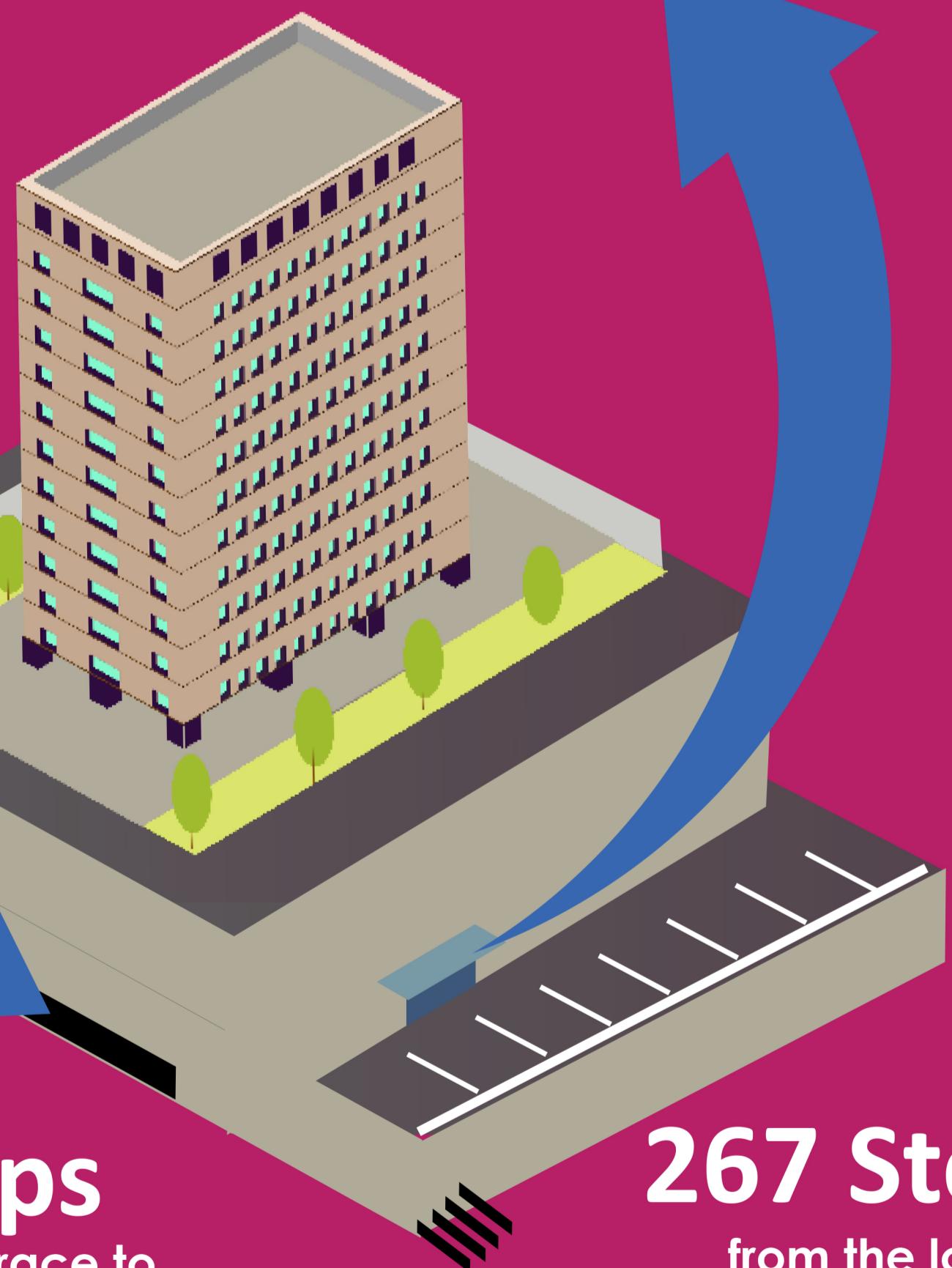
Workplaces are great locations to start healthy living. Walking is a free, healthy activity that doesn't require any special equipment and can easily be incorporated into your work day.

The 14th St. Parking Deck



562 Steps

around the sidewalk of
the parking deck



265 Steps

Lower garage entrance to
the parking deck

267 Steps

from the lower
basement main entrance
to the parking deck



Stair climbing helps raise
your heart rate, and
protects against high
blood pressure, weight
gain, and clogged arteries.

100 minutes of
moderate physical
activity per week