

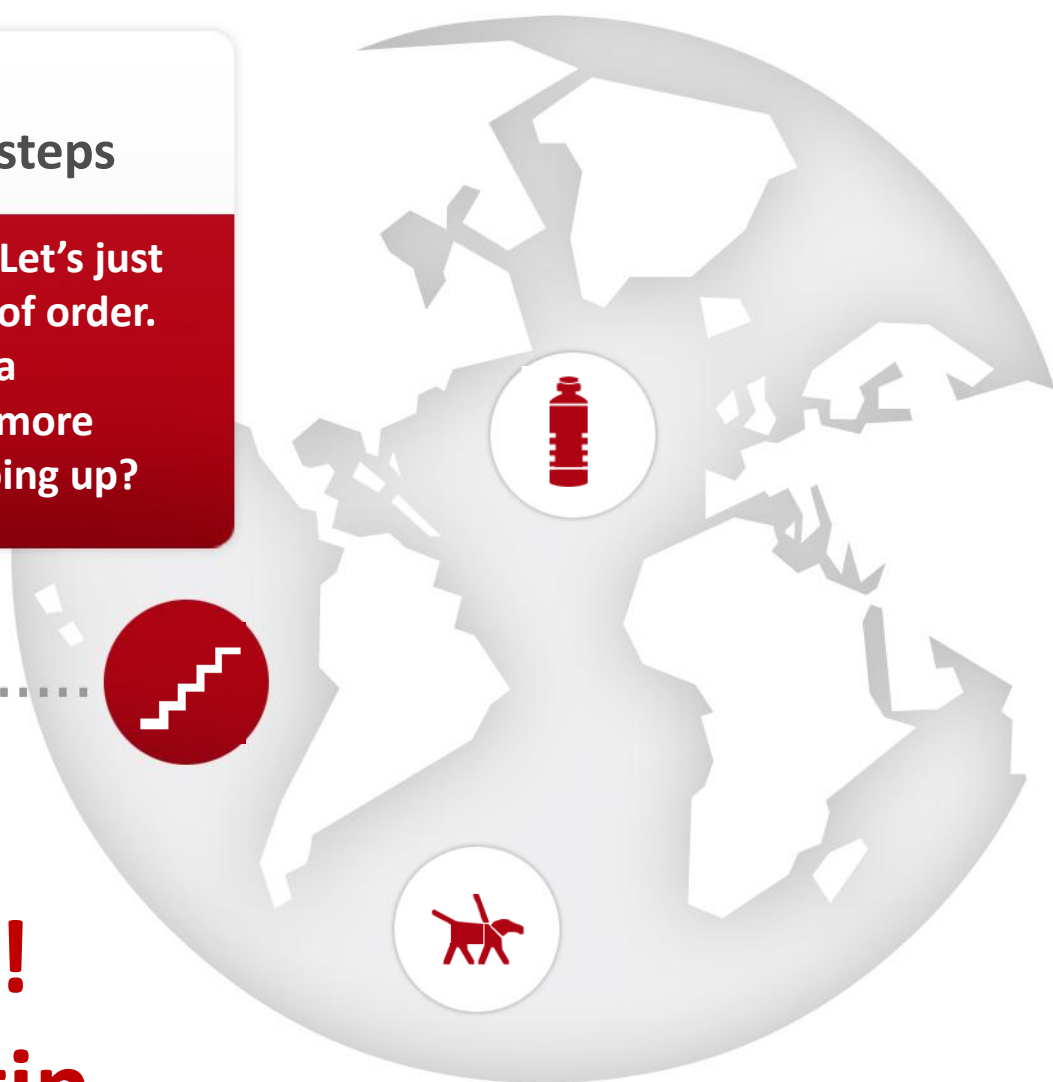
Healthier living starts here. And there. And everywhere.

Tip #19

skip the elevator and rack up the steps



Don't press that button! Let's just say it's permanently out of order. Hit the stairs instead for a convenient way to work more activity into your day. Going up?



Attend the Kick Off!

- Learn about Virgin HealthMiles!
- Sign up for *your* GoZone!

When: April 2nd 2013,

9:30-11:30 AM

Where: CSC Ballroom

