**Take a step towards health – exercise brightens up the day**

From 6 to 12 November, our workplace celebrates **the Stair Days**. The purpose of the Stair Days is to draw people’s attention to making small everyday choices that benefit their health, like choosing the stairs instead of the lift. You can now find encouraging messages in lifts and staircases; we hope they help everyone take a step towards well-being.

You can find more information at the address [www.porraspaivat.fi](file:///C:/Users/anna.suutari/AppData/Local/Microsoft/Windows/Temporary%20Internet%20Files/Content.Outlook/7JWWBWYU/www.porraspaivat.fi). There you can also see all work communities in Finland that are involved in the national Stair Days in 2023.

The Stair Days are realised by the Adults on the Move Program.

Have a happy, energetic workday! See you in the staircase!