

**PORRAS-
PÄIVÄT**

**STAIRS – THE BEST SNACK
BEFORE A TEST!**

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PÄIVÄT**

**A FEW TRIPS UP THE STAIRS A DAY
KEEP YOUR STUDY ENERGY UP.**

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**EVERYTHING'S ALL RIGHT
– AT LEAST ON THE STAIRS.**

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**THIS STEP GOES STRAIGHT
TO YOUR HEALTH.**

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**YOU CHOSE THE STAIRS
– ENJOY THE EXTRA ENDORPHINS!**

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**ONE STEP AT A TIME TOWARDS
A BETTER STUDY DAY.**

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STAIRS: THE BEST QUICK RESET.

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**AVOID ELEVATOR SMALL TALK
– CHOOSE THE STAIRS.**

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**EVERY STEP IS
GOOD FOR YOUR BRAIN!**

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STAIRS ARE ALWAYS FREE TO USE!

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**MOVEMENT IS MEDICINE – EVEN IN THE
MIDDLE OF A SCHOOL DAY.**

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**STAIRS – FREE WORKOUT,
BETTER VIBE!**

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**THE STAIRS – A GYM WITH
NO MEMBERSHIP FEE.**

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**IT'S FIFTY-FIFTY – DO YOU CHOOSE
THE ELEVATOR OR THE STAIRS?**

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**IN THE ELEVATOR YOU STAND STILL
– ON THE STAIRS YOU GROW.**

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**DASH TO CLASS
– HEART RATE UP, ENERGY UP.**

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**A FUTURE STAR IS GROWING HERE
– ONE STEP AT A TIME.**

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**EVERY STEP IS A SMALL REBELLION
AGAINST SITTING.**

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**EVERY STEP IS AN INVESTMENT
IN YOUR BRAIN.**

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**USE THE STAIRS WHILE
YOUR KNEES STILL KEEP UP!**

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**STAIRS – A FREE BRAIN BOOST
BEFORE THE TEST.**

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**EVERY CHANCE IS AN OPPORTUNITY
– TAKE THE STAIRS.**

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**STAIRS: WORKS WITHOUT WI-FI
OR A USER MANUAL.**

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THE STAIRS NEVER LAG.

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**THE STAIRS ARE LIKE A BALL OF YARN
- THEY HAVE A BEGINNING AND AN END.**

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**THE STAIRS - HEADING RIGHT
TO THE TOP!**

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**IT REALLY WARMS YOUR HEART
TO FEEL THIS UNBEATABLE!**

**PORRAS-
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**LIFE ON THE STAIRS IS
THE BEST TIME OF YOUR LIFE!**