

**PORRAS-
PÄIVÄT**

**YOU CHOSE THE STAIRS
- GREAT!**

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**OUT OF BREATH?
YOU CAN DO IT!**

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**TAKING THE STAIRS
IS ALL THAT MATTERS**

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**TAKE THE STAIRS
STRAIGHT UP TO THE BOARDROOM**

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**YOU CAN ONLY GO UP
FROM HERE**

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**I CAME, I SAW,
I CLIMBED!**

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**A SMALL STEP FOR ME,
ONE GIANT LEAP FOR HEALTH**

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**DO YOU COME HERE
OFTEN?**

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**EVERY STEP DOES YOU
A WORLD OF GOOD**

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**ONE STEP ON THE STAIRS
IS WORTH TEN ON LEVEL GROUND**

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**FORECAST FOR THE STAIRS:
GUSTS OF BREATH**

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**TAKE A STEP TO HEALTH
– CHOOSE THE STAIRS!**

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

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**ONE STEP AT A TIME TOWARDS A
BETTER WORKDAY.**

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**AT LEAST ON THE STAIRS, EVERYTHING'S FINE.
ELSEWHERE? WHO KNOWS.**

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**FREE PERSONAL TRAINER
– ALWAYS AVAILABLE.**

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**CAN'T FACE ONE MORE TEAMS MEETING?
TAKE THE STAIRS.**

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**ON THE STAIRS, YOU GET THAT BON VOYAGE
FEELING LIKE YOU'VE BEEN HERE BEFORE.**

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**STAIRS: THE BEST QUICK RESET
AT WORK.**

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

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

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STAIRS UP – STRESS DOWN.

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

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

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**THE STAIRS – YOUR SNACK
BETWEEN MEETINGS.**

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

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

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

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**NO BOOKING NEEDED
- THE STAIRS ARE ALWAYS FREE.**

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**THE STAIRS: WHERE THINGS GET DONE
- NO MEETINGS NEEDED.**

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

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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!**

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

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

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**LIFE IS LIFE.
AND THE STAIRS ARE PART OF IT.**

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**IF THIS FEELS HEAVY, JUST WAIT FOR
THE PERFORMANCE REVIEW.**

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**WE'RE MOVING FAST
– BUT WHERE ARE WE GOING?**

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**A TRIP UP THE STAIRS A DAY
KEEPS WORK STRESS AWAY.**

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**IF YOU DON'T KNOW WHERE
YOU'RE GOING, GO UP THE STAIRS.**

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**MOVEMENT IS MEDICINE – EVEN IN
THE MIDDLE OF THE WORKDAY.**

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**ON THE STAIRS – SOMETIMES SETBACKS,
SOMETIMES PROGRESS.**