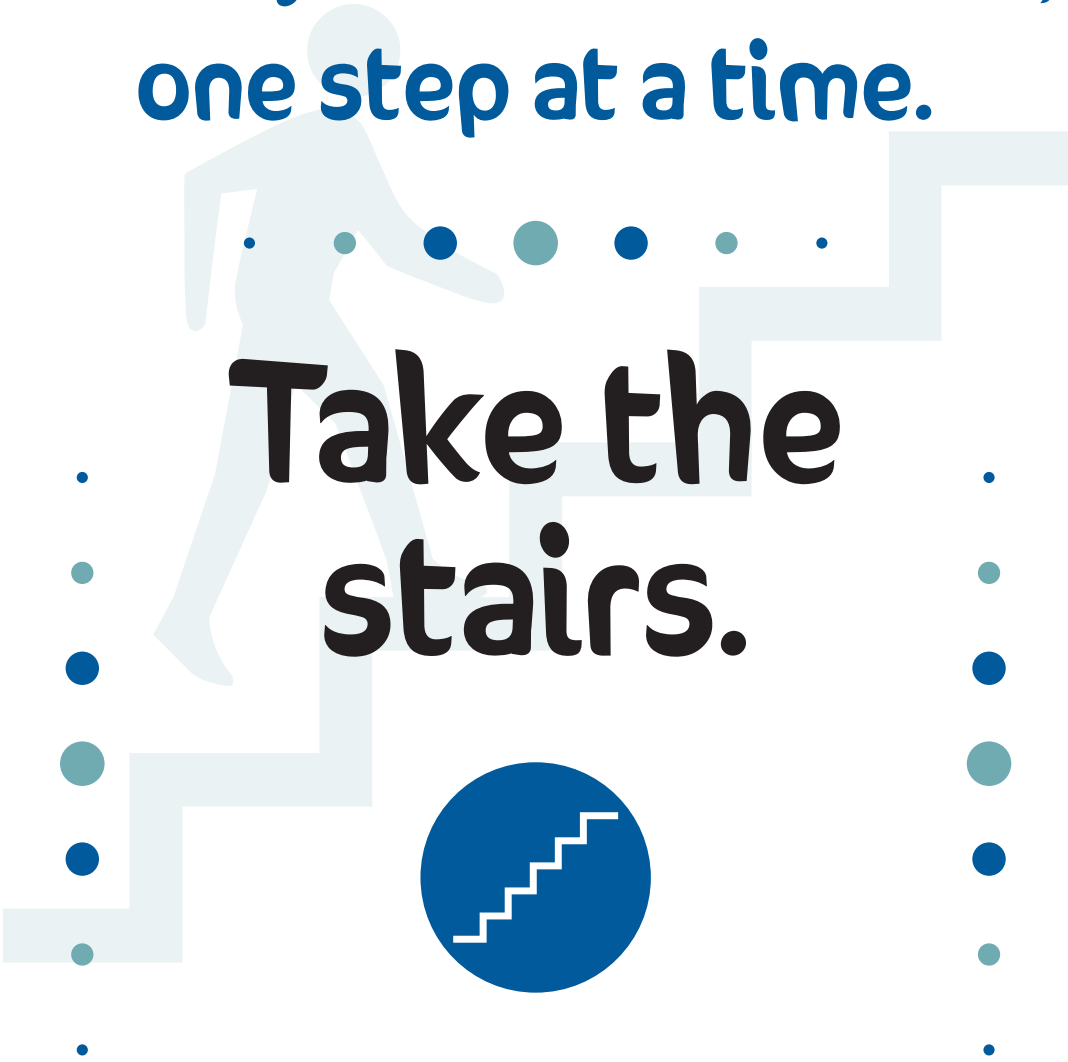
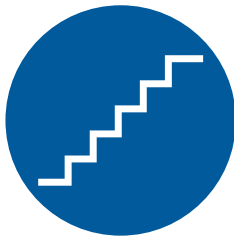


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Raise your fitness level,
one step at a time.



Take the
stairs.



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Kansas Health Foundation is a philanthropic organization whose mission is to improve the quality of health in Kansas.

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Step up to a healthier lifestyle.



Take the stairs.



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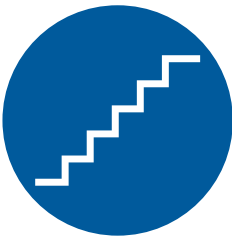
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Small steps make
a big difference.



Take the
stairs.



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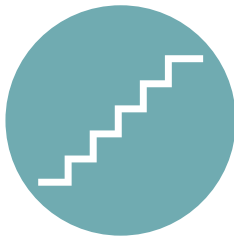
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The cheapest gym,
ANYWHERE!



**Take the
stairs.**



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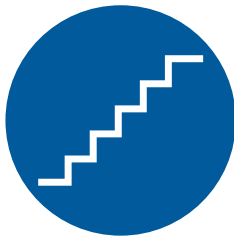
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Burn calories, feel good,
LOSE WEIGHT!



**Take the
stairs.**



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Your heart needs
the exercise.



Take the
stairs.



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You go up, your blood pressure goes down.



Take the stairs.

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