

Promote Taking the Stairs

Taking the stairs is a great way for employees to add movement to their day.

To Promote Taking the Stairs:

CHECK STAIRWELLS

Address maintenance issues and make sure your stairwells are clean and well lit.

GET APPROVAL

Remember to check with the building owner or property management before installing signage.

PROMOTE THE STAIRWELL OPTION

Hang point of decision signage near elevators and stairs and hang motivational signage inside stairwells. (See Let's Go! Healthy Workplaces toolkit online to print motivational signage.) Recruit champions (including department and senior management and wellness committee members) to lead by example by taking the stairs.

In Action!

Anthem Blue Cross and Blue Shield of Maine posted signage and employee art in stairwells to encourage taking the stairs.

