

Small steps
make a **BIG**
difference.

Los pequeños pasos hacen
una diferencia grande.



**Take the
stairs!**

Tome las escaleras!

SC Health & Environment

LIVE YOUR LIFE
healthier. better. longer.

A Healthier State
Make every workday great.



Raise your **fitness** level...

...one **STEP** at a time.

Aumente su nivel de
acondicionamiento físico
un paso a la vez.



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Step **UP** to a
healthier lifestyle.

Tome un paso adelante a un
estilo de vida más saludable.



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Free fitness program.

Programa de acondicionamiento
fisico gratuito.



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