

**CHANGE
HAPPENS
ONE STEP
AT A TIME.**

**A fitter you is closer
than you think.**

Find what moves you at
PHILLY POWERED.org

#mymovesmyway

**GET HEALTHY
X PHILLY**
Healthy, Active & Smoke-Free



Department of
Public Health
CITY OF PHILADELPHIA
LIFE • LIBERTY • AND YOU

SMALL STEPS MAKE A BIG DIFFERENCE.

**A fitter you is closer
than you think.**

Find what moves you at
PHILLY POWERED.org

#mymovesmyway

**GET HEALTHY
X PHILLY**
Healthy, Active & Smoke-Free



Department of
Public Health
CITY OF PHILADELPHIA
LIFE • LIBERTY • AND YOU

FEELING STRESSED? TAKE IT OUT ON THE STAIRS!

**A fitter you is closer
than you think.**

Find what moves you at
PHILLY POWERED.org
#mymovesmyway

**GET HEALTHY
X PHILLY**
Healthy, Active & Smoke-Free



Department of
Public Health
CITY OF PHILADELPHIA
LIFE • LIBERTY • AND YOU

**WALKING UP
THE STAIRS FOR
JUST 2 MINUTES
A DAY HELPS
TO PREVENT
WEIGHT GAIN.**

**A fitter you is closer
than you think.**

Find what moves you at
PHILLY POWERED.org

#mymovesmyway

**GET HEALTHY
X PHILLY**
Healthy, Active & Smoke-Free

 Department of
Public Health
CITY OF PHILADELPHIA
LIFE • LIBERTY • AND YOU

WAY TO LOOK FOR OPPORTUNITIES TO BUILD PHYSICAL ACTIVITY INTO YOUR DAY!

**A fitter you is closer
than you think.**

Find what moves you at
PHILLY POWERED.org

#mymovesmyway

**GET HEALTHY
X PHILLY**
Healthy, Active & Smoke-Free



Department of
Public Health
CITY OF PHILADELPHIA
LIFE • LIBERTY • AND YOU

**A FLIGHT (OR 2)
A DAY, KEEPS
CHRONIC
DISEASE
AWAY.**

**A fitter you is closer
than you think.**

Find what moves you at
PHILLY POWERED.org
#mymovesmyway

**GET HEALTHY
X PHILLY**
Healthy, Active & Smoke-Free

 Department of
Public Health
CITY OF PHILADELPHIA
LIFE • LIBERTY • AND YOU