

July 15, 2015

500K

A graphic of a staircase with two small human figures climbing it. The staircase is composed of several steps, and the figures are positioned on different steps, one higher than the other, suggesting movement and progress.

STAIR CHALLENGE

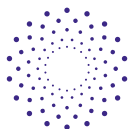
3 campuses ■ 2 medical centers ■ 24 hours

Register Now: bit.ly/24hourstairs

Choosing the stairs can:

- Improve Mood
- Increase Energy
- Burn Calories

MOVO exercise trackers & Whole U prizes will be awarded!



THE WHOLE U
UNIVERSITY *of* WASHINGTON