

# Customizable Posters

BACK TO INITIATIVE

Design concepts can be modified to fit multiple products.



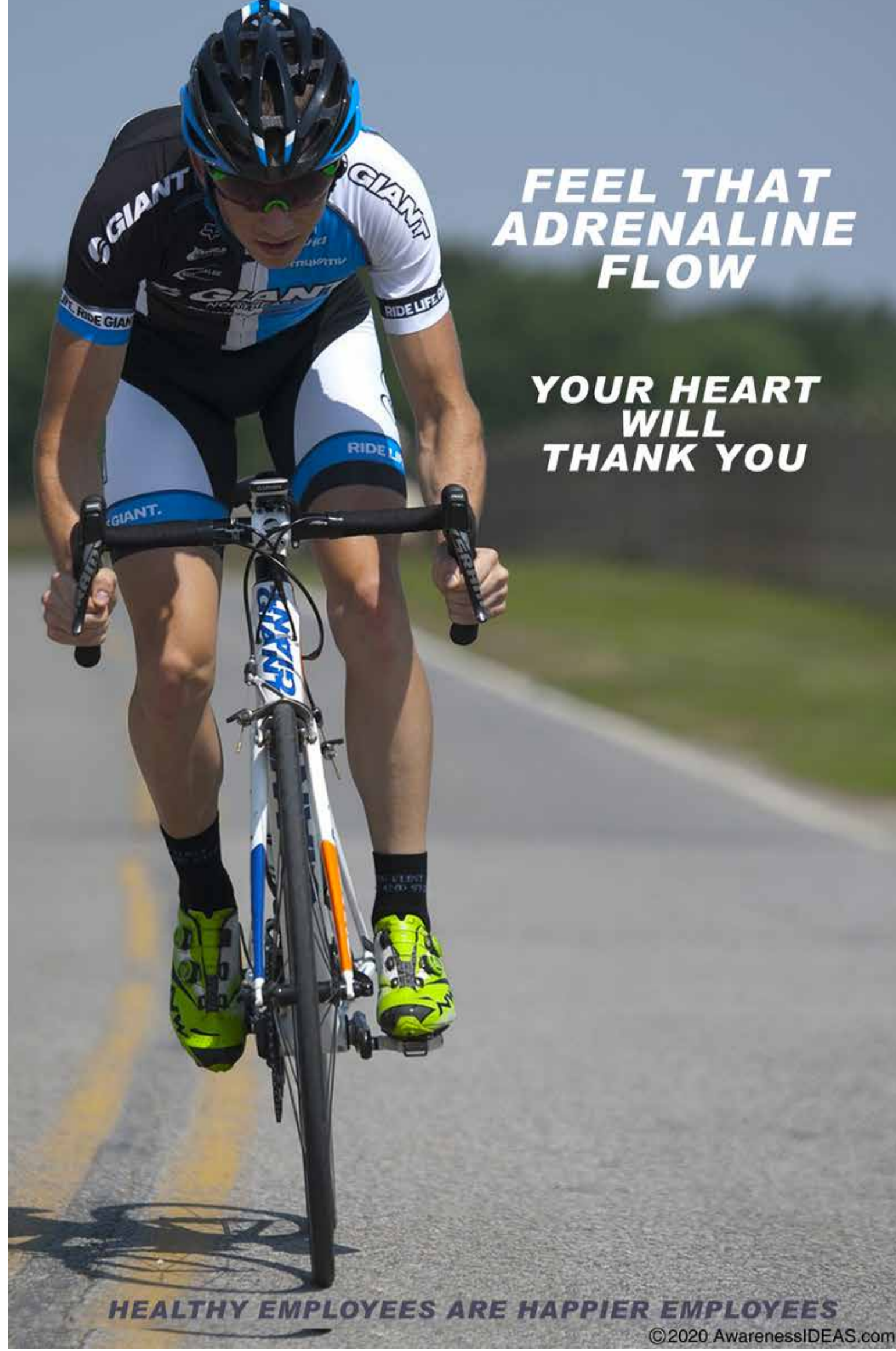
**CARDIO WORKOUTS**  
YOUR HEART AND BODY  
WILL THANK YOU

MAXIMIZE YOUR WALK/RUN  
BY PACING YOURSELF!  
BREATHE DEEPLY AND HYDRATE!  
MONITOR YOUR PROGRESS  
ON A Pedometer FOR INSPIRATION!

HEALTHY EMPLOYEES ARE HAPPIER EMPLOYEES

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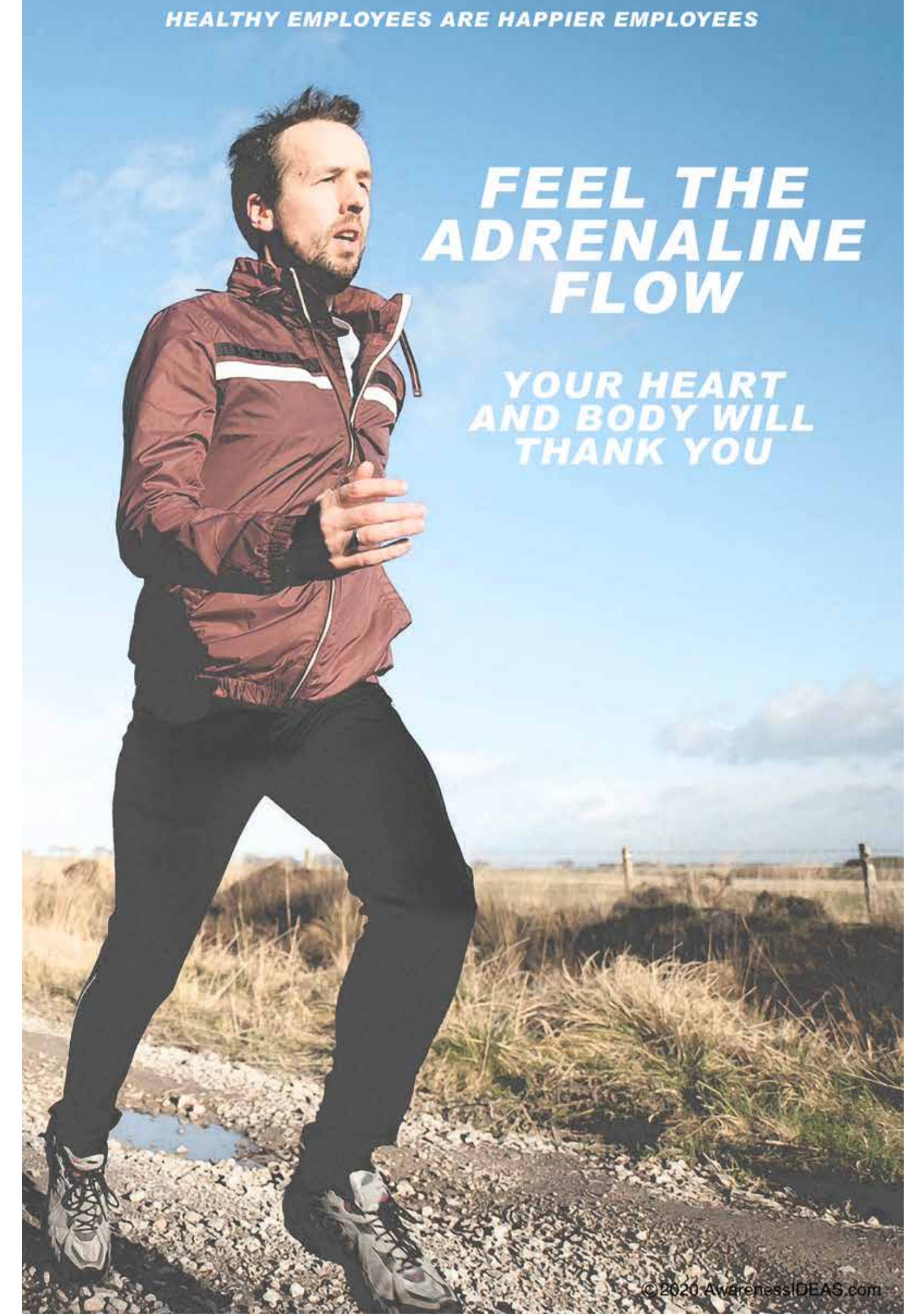
FEEL THAT  
ADRENALINE  
FLOW

YOUR HEART  
WILL  
THANK YOU

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FEEL THE  
ADRENALINE  
FLOW

YOUR HEART  
AND BODY WILL  
THANK YOU

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FEELING GOOD!

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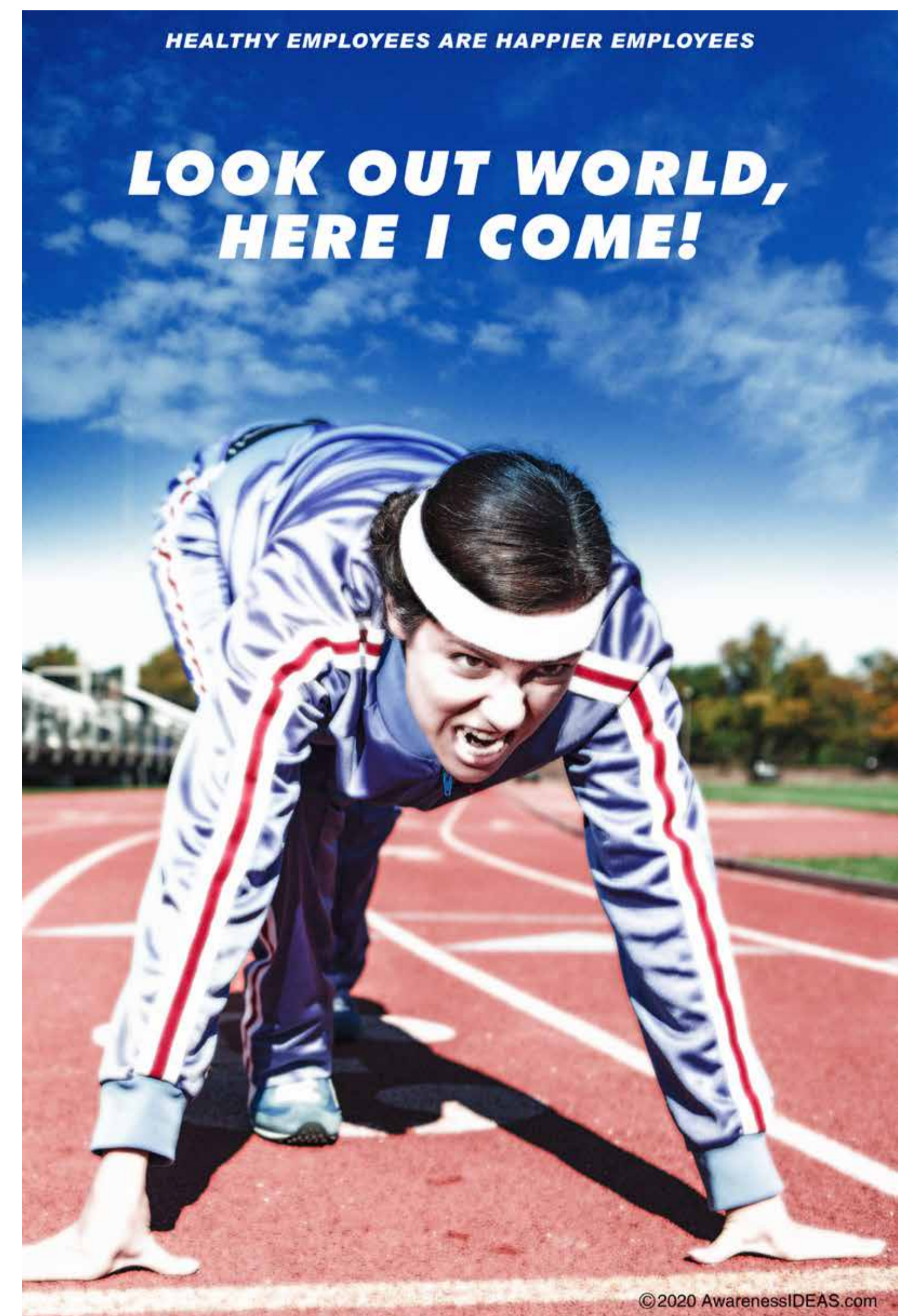
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SATISFY YOUR LUNCHTIME  
WITH  
A HEALTHY MEAL

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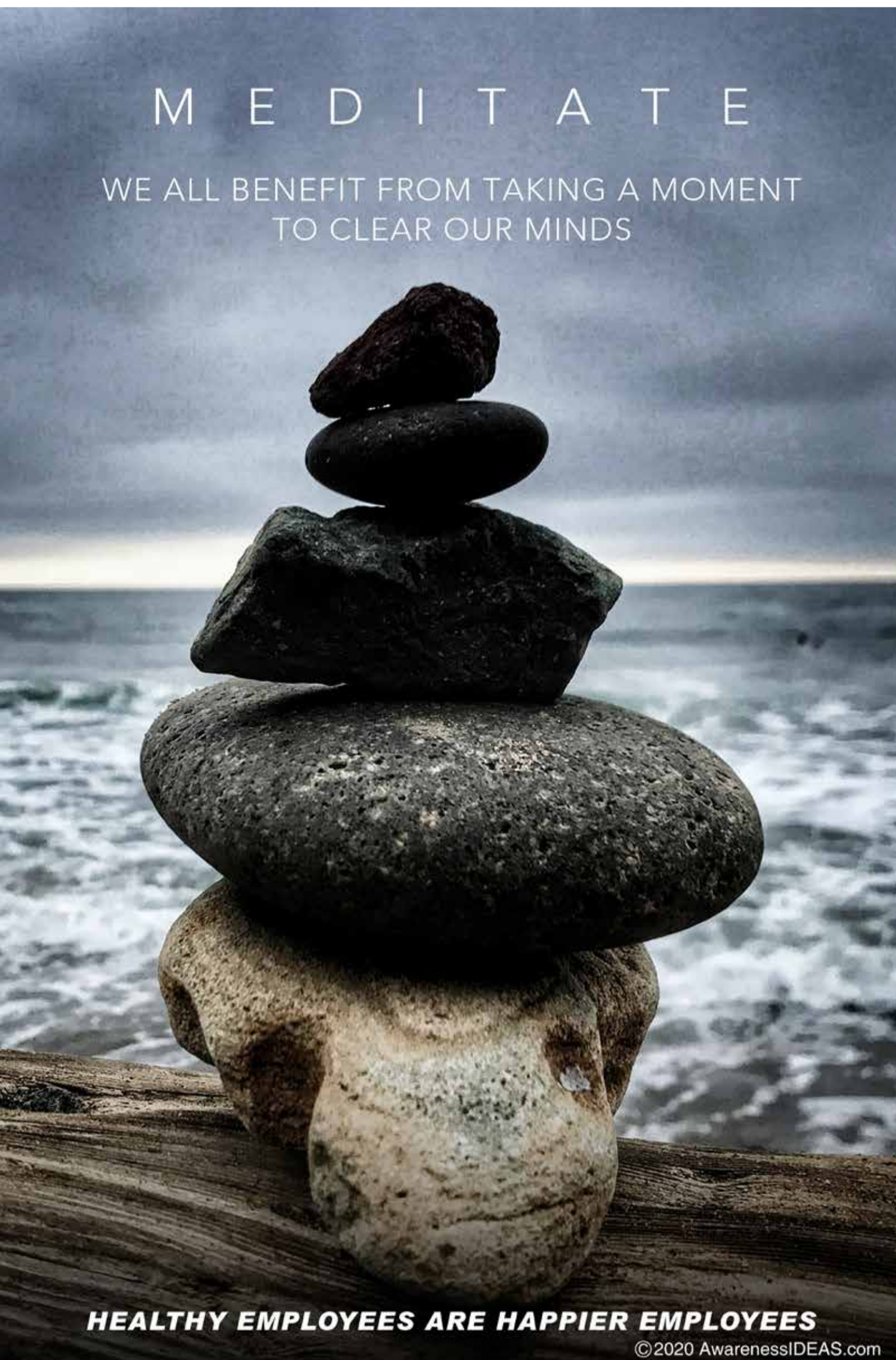


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LOOK OUT WORLD,  
HERE I COME!

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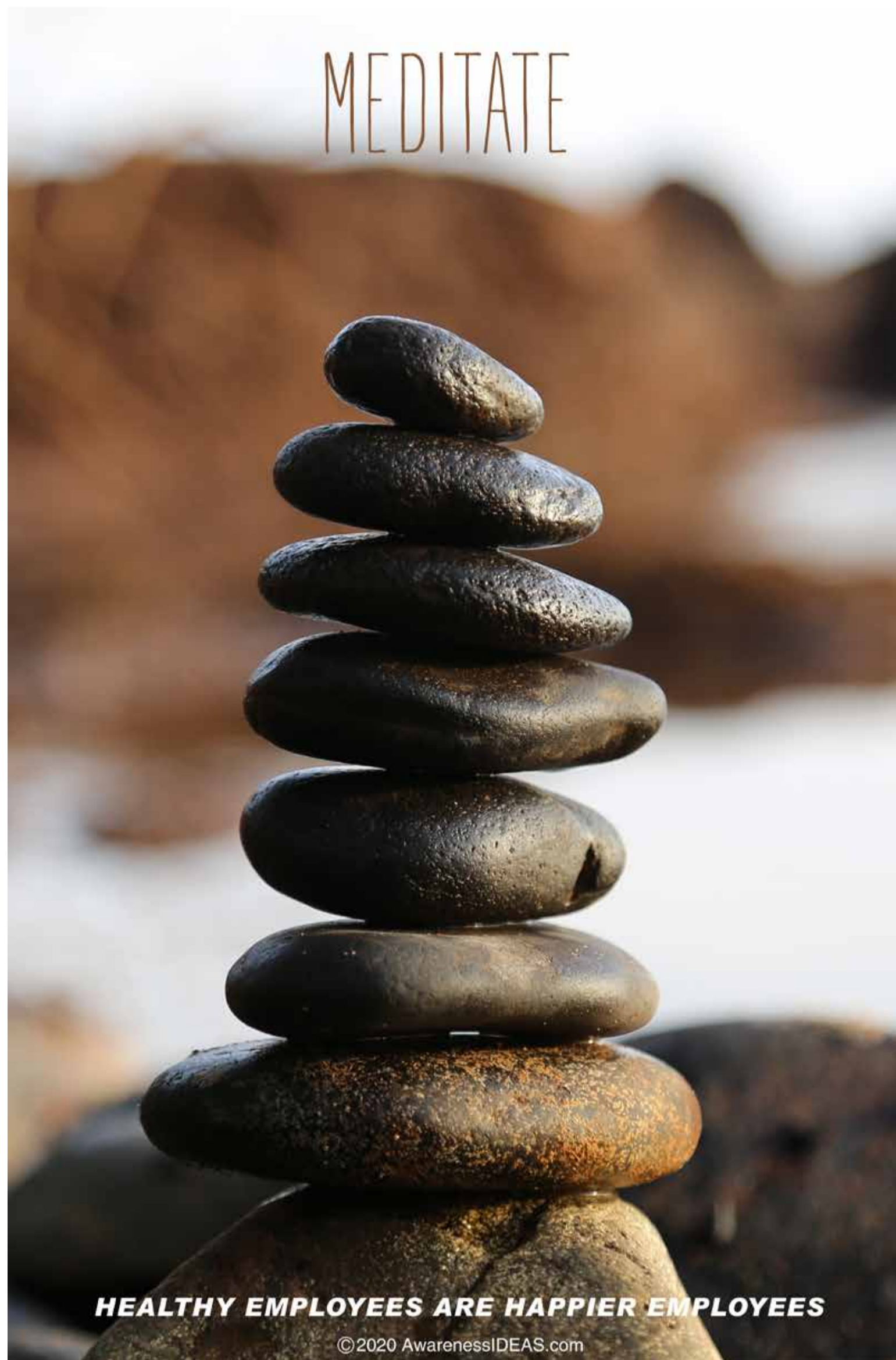
MEDITATE

WE ALL BENEFIT FROM TAKING A MOMENT  
TO CLEAR OUR MINDS

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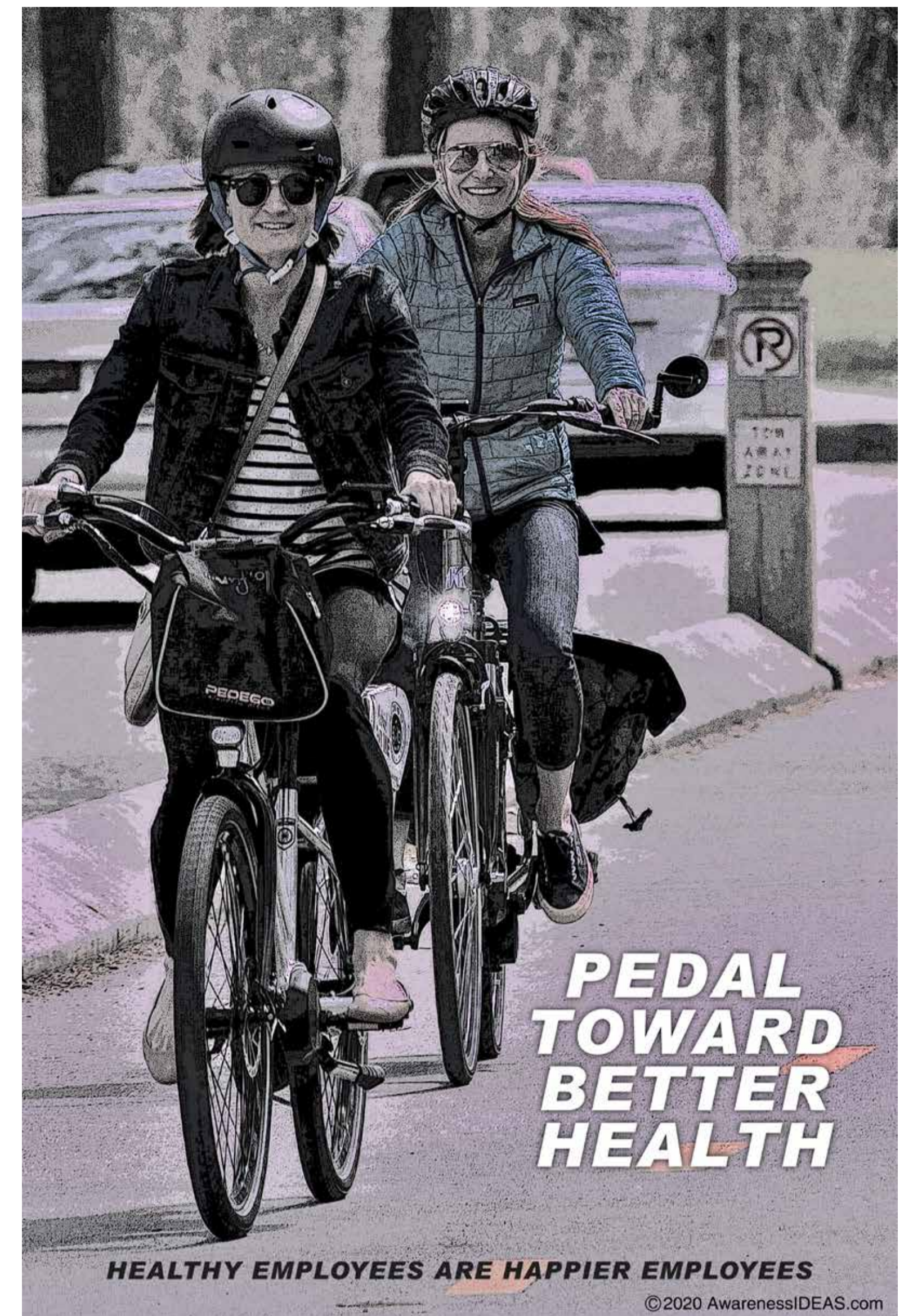


MEDITATE

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PEDAL  
TOWARD  
BETTER  
HEALTH

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GO GET THEM TRAILS

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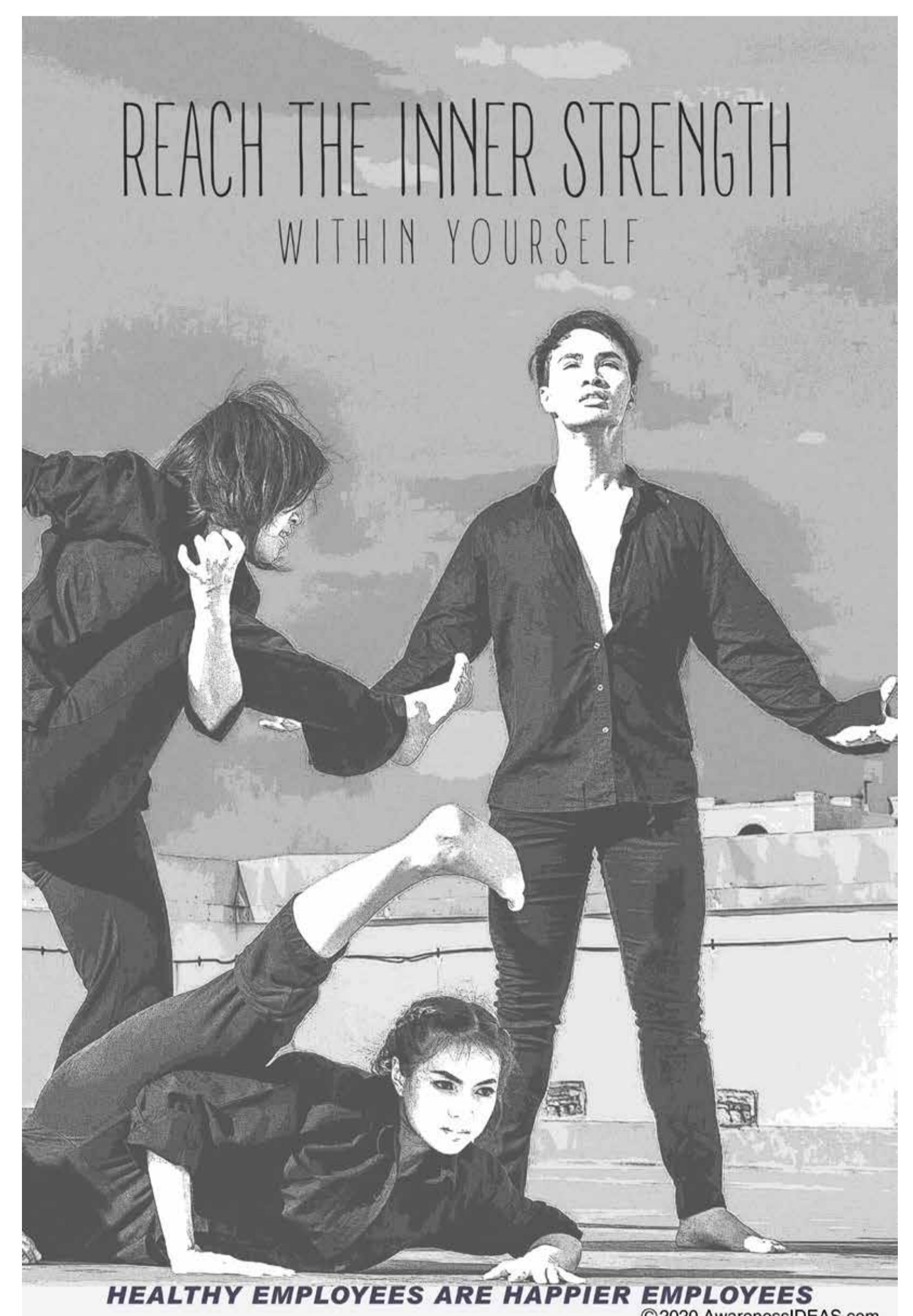


RAISE THE ADRENALINE!

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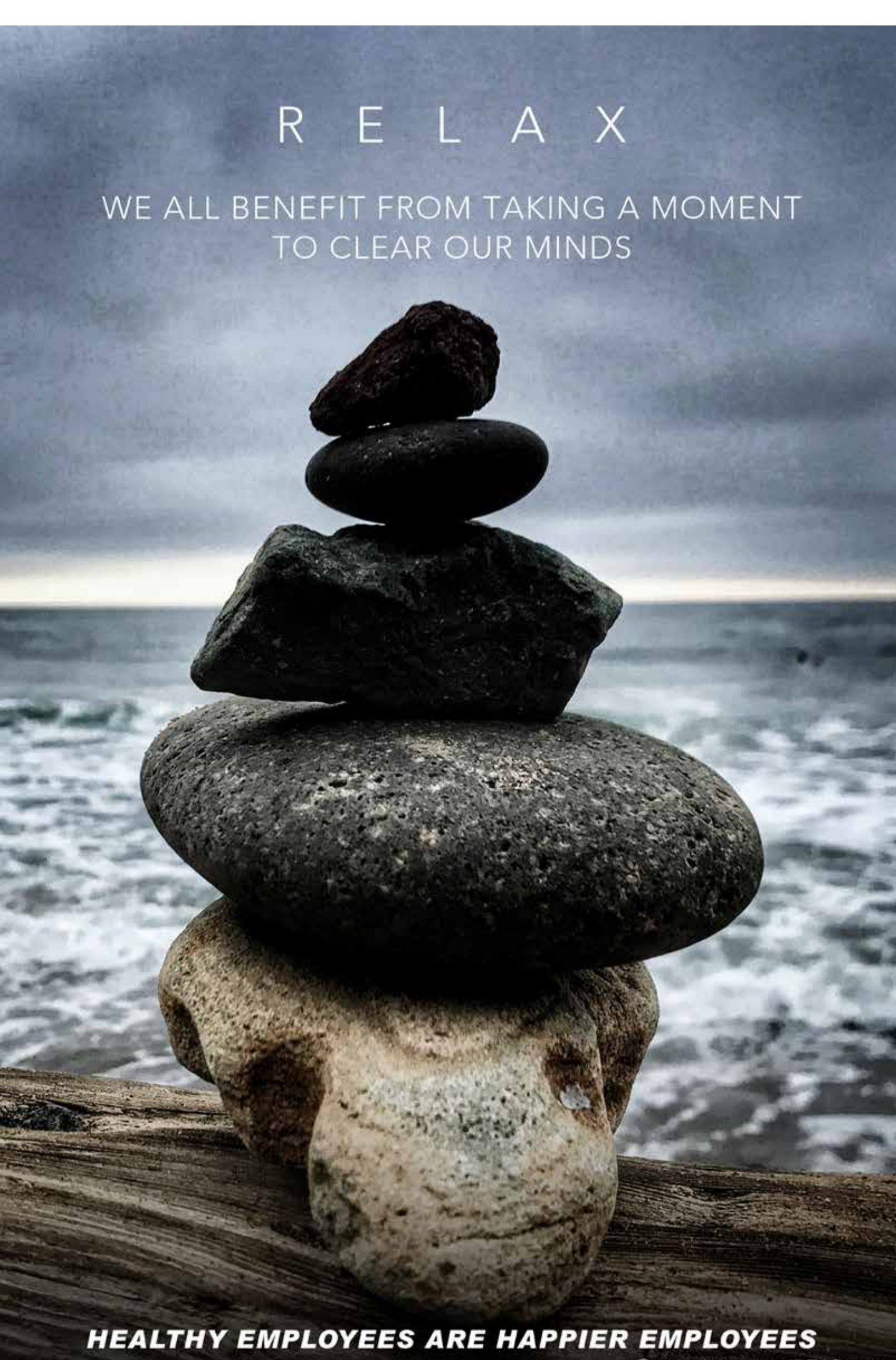


REACH THE INNER STRENGTH  
WITHIN YOURSELF

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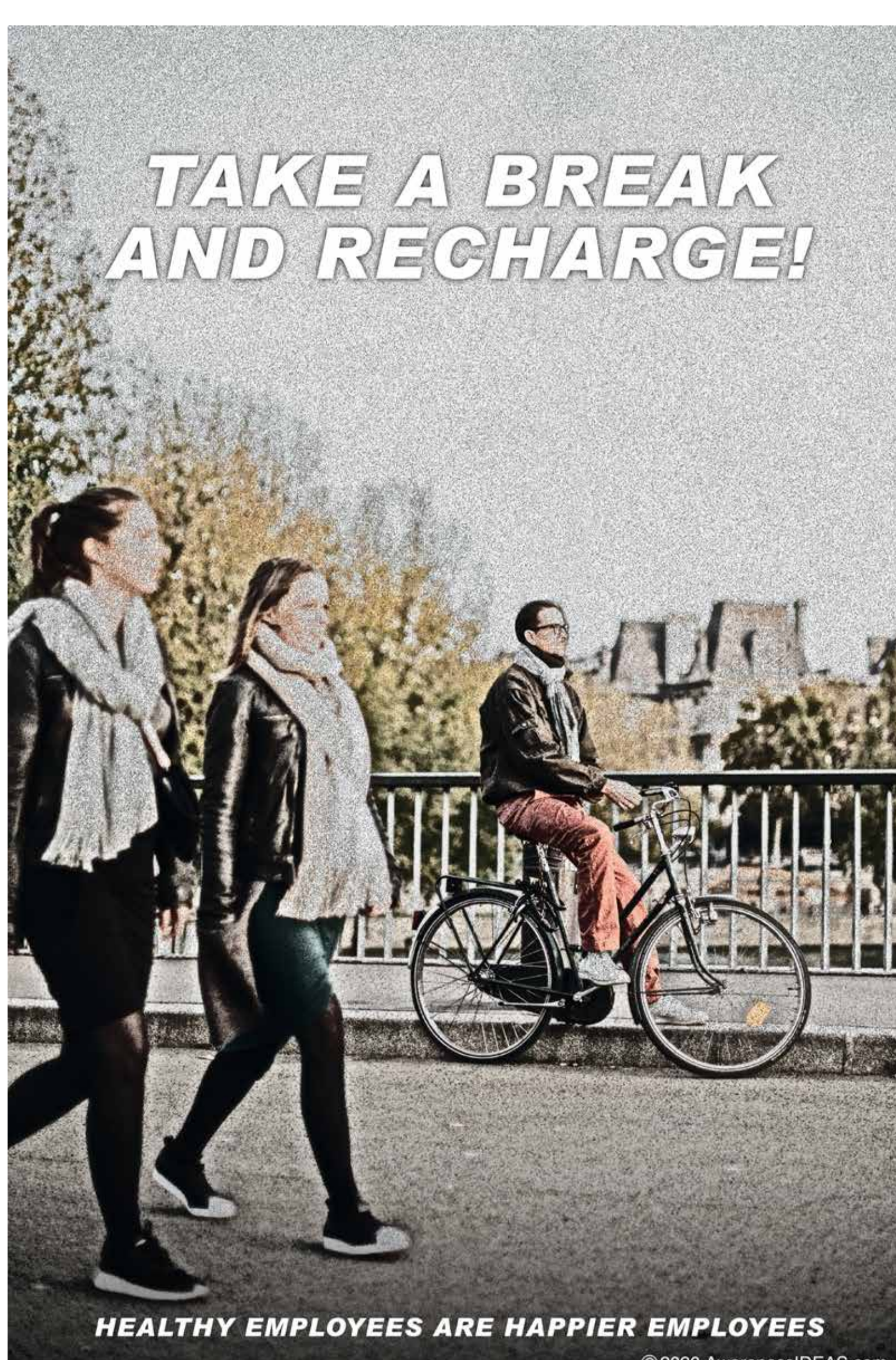
RELAX

WE ALL BENEFIT FROM TAKING A MOMENT  
TO CLEAR OUR MINDS

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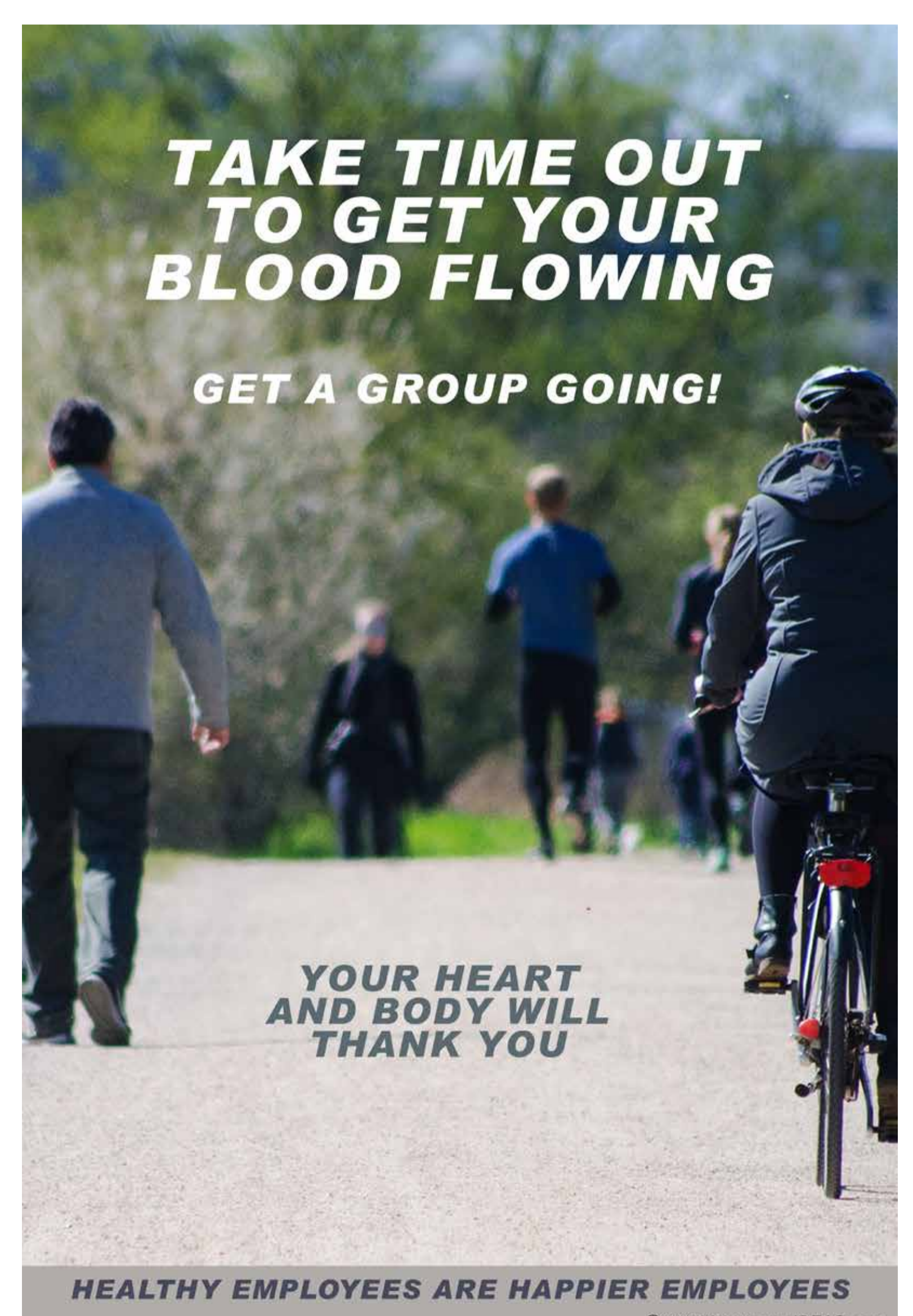


TAKE A BREAK  
AND RECHARGE!

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TAKE TIME OUT  
TO GET YOUR  
BLOOD FLOWING

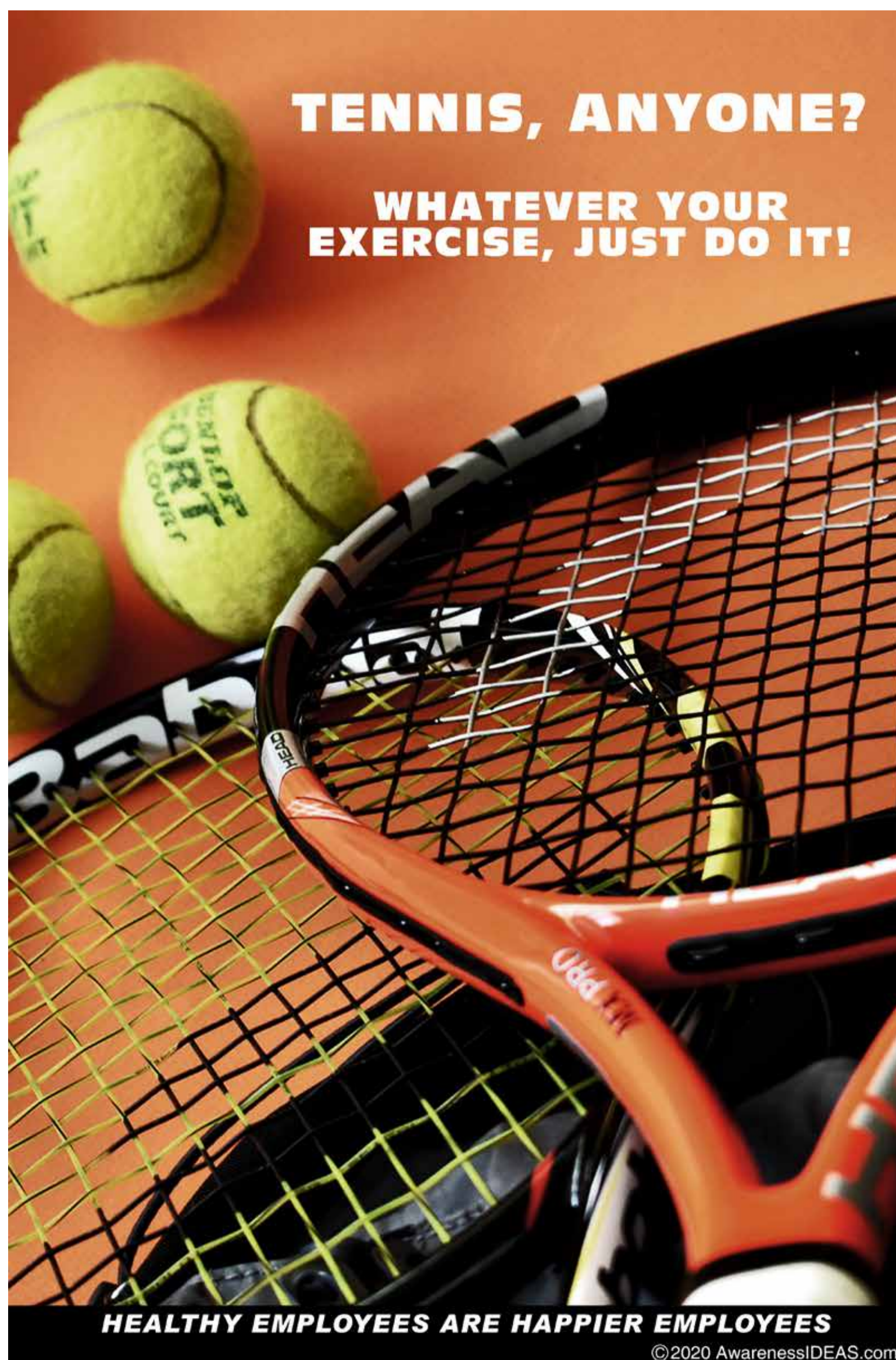
GET A GROUP GOING!

YOUR HEART  
AND BODY WILL  
THANK YOU

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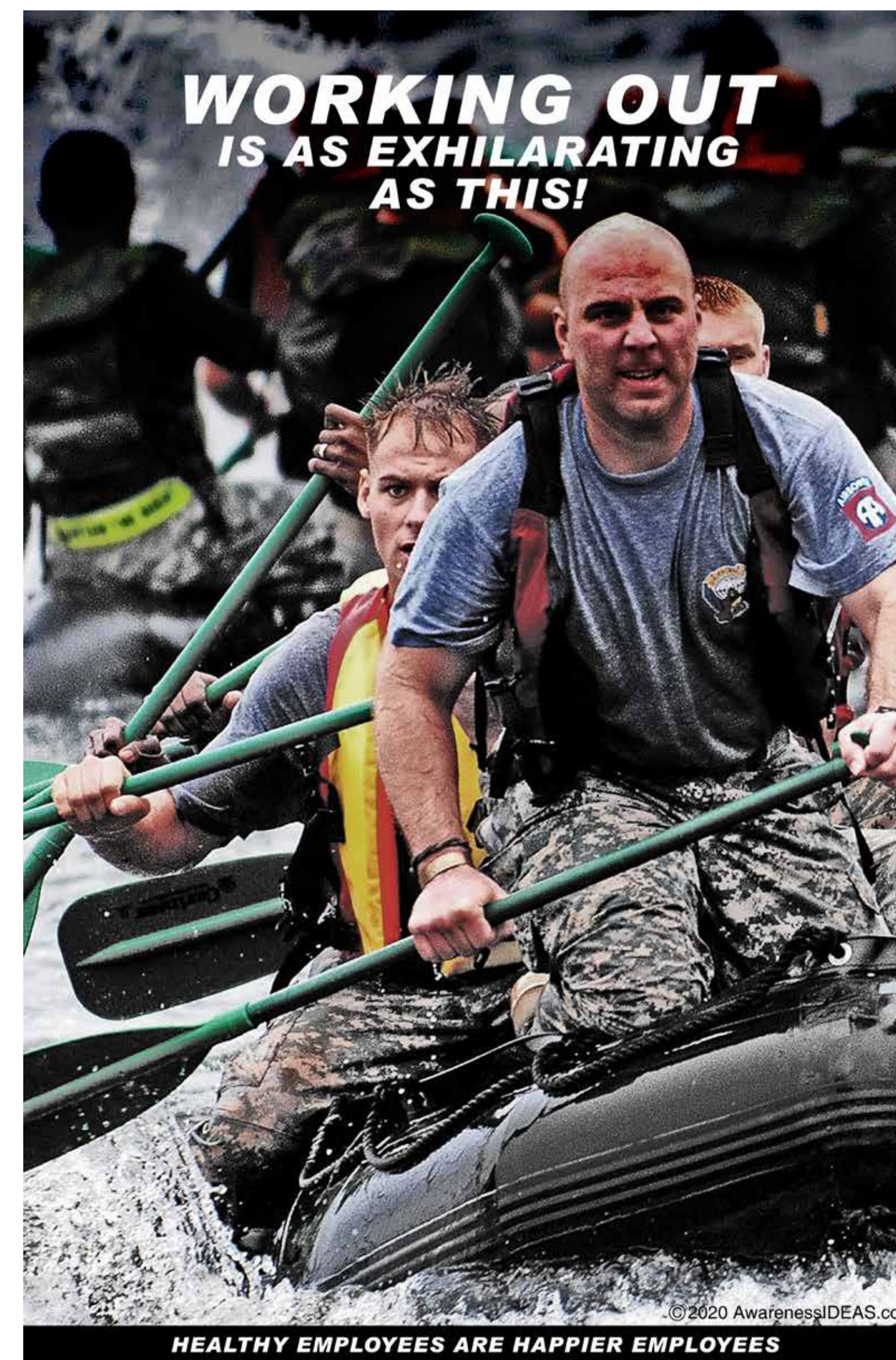


TENNIS, ANYONE?  
WHATEVER YOUR  
EXERCISE, JUST DO IT!

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WORKING OUT  
IS AS EXHILARATING  
AS THIS!

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STRONG

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TAKE A DEEP BREATH

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