Related References


An introduction to the CDC program
http://www.cdc.gov/nccdphp/dnpa/stairwell/index.htm

More ideas for point of decision prompts and motivational posters
http://www.cdc.gov/nccdphp/dnpa/hwi/toolkits/stairwell/motivational_signs.htm

California 5 a Day- Be Active! Worksite Program
http://www.dhs.ca.gov/ps/cdic/cpns/worksite/FitBusinessKit.htm
Active RVA

- Lee Taylor, Richmond City Health District – lee.taylor@vdh.virginia.gov
- Suzy Keeley, CIS of Richmond – skeeley@cisofrichmond.org
- Marti Tomlin, University of Richmond – mptomlin@richmond.edu
- Leigh Busby, YWCA – lbusby@ywcarichmond.org