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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](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/worksites/FitBusinessKit.htm>



FastSigns  
1424 N Battlefield Blvd,  
Chesapeake VA 23320  
Phone#: 757-366-0066  
Email: fastsigns@me.com

#### Active RVA

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