



UCI TAKE THE STAIRS SIGNS

Launched 2016-17 Academic Year

Can a simple sign make people more active? Studies show, it can. Signs in buildings suggesting that people take the stairs instead of the elevator have reported to immediately boost stair use from 9 to 35 percent.

Available to be installed by our UCI Sign Shop in any UCI building at no cost.

Choose from 5 approved slogans. Customize size and location for each building.

Schedule installation for your building now!

UCI Wellness

People are less active today than they were in the past. Much of the bending, stretching, and moving that used to be a part of everyday life has been replaced by sitting.

And too much sitting is bad for your health and may even shorten your lifespan.

One way to fight back is to climb the stairs instead of taking the elevator. Do it often enough and it burns as many calories as jogging. But not enough people do. Maybe they just need a gentle reminder, like the one on a sign.

FOR SIGN
INSTALLATION,
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Sample Current Signage



UCI Wellness