





In one minute, a 150 pound person burns approximately 10 CALORIES WALKING UP STAIRS and only 1.5 CALORIES RIDING AN ELEVATOR.





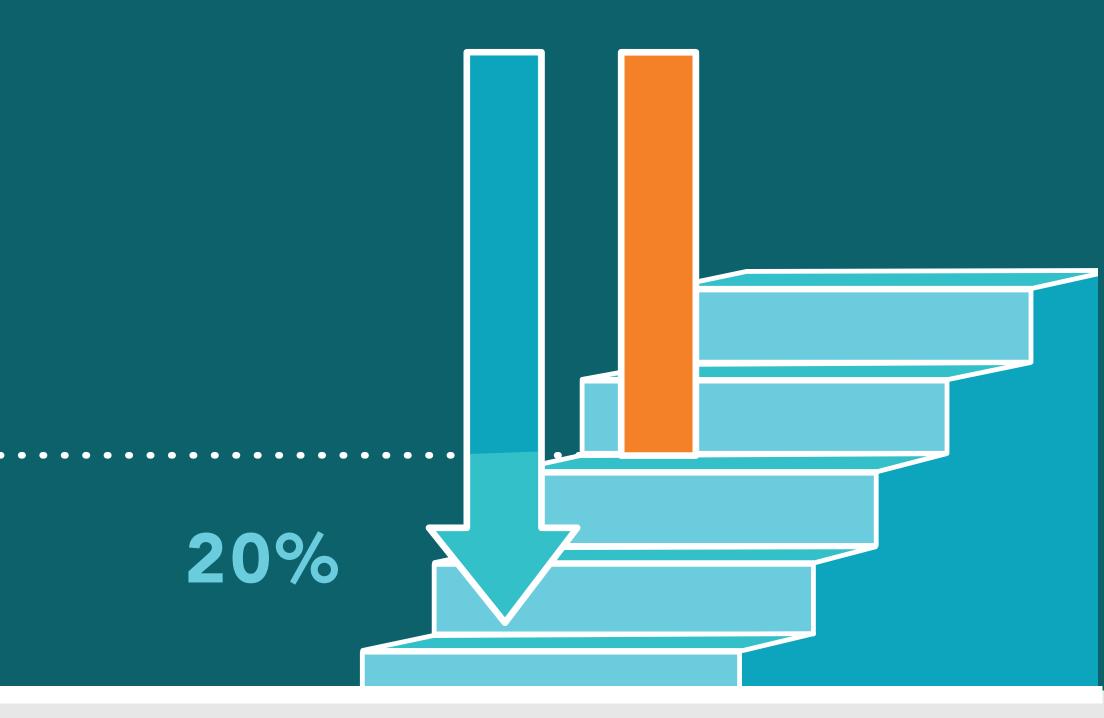
#### 7 MINUTES OF STAIR CLIMBING A DAY

halves your risk of a heart attack over a 10 year period





Climb just 5 floors per day and have a 20% LOWER RISK OF STROKE.





Just 2 minutes of extra stair climbing per day may HELP PREVENT YEARLY WEIGHT GAIN.

