



# TAKE THE STAIRS

Walking up stairs burns almost **5 TIMES MORE CALORIES** than riding an elevator.





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





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**7 MINUTES** OF STAIR  
CLIMBING A DAY

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





# TAKE THE STAIRS

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



20%



# TAKE THE STAIRS

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

