TAKE THE STAIRS

Walking up stairs burns almost 5 TIMES MORE CALORIES than riding an elevator.
TAKE THE STAIRS

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

Source: Centers for Disease Control and Prevention
TAKE THE STAIRS

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.

TAKE THE STAIRS

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