



REGULAR STAIR CLIMBING **KEEPS YOU FIT**



Source: Eves FF, Webb OJ, Mutrie N. A Workplace Intervention to Promote Stair Climbing: Greater Effects in the Overweight. *Obesity*. 2006;14(12):2210-2216



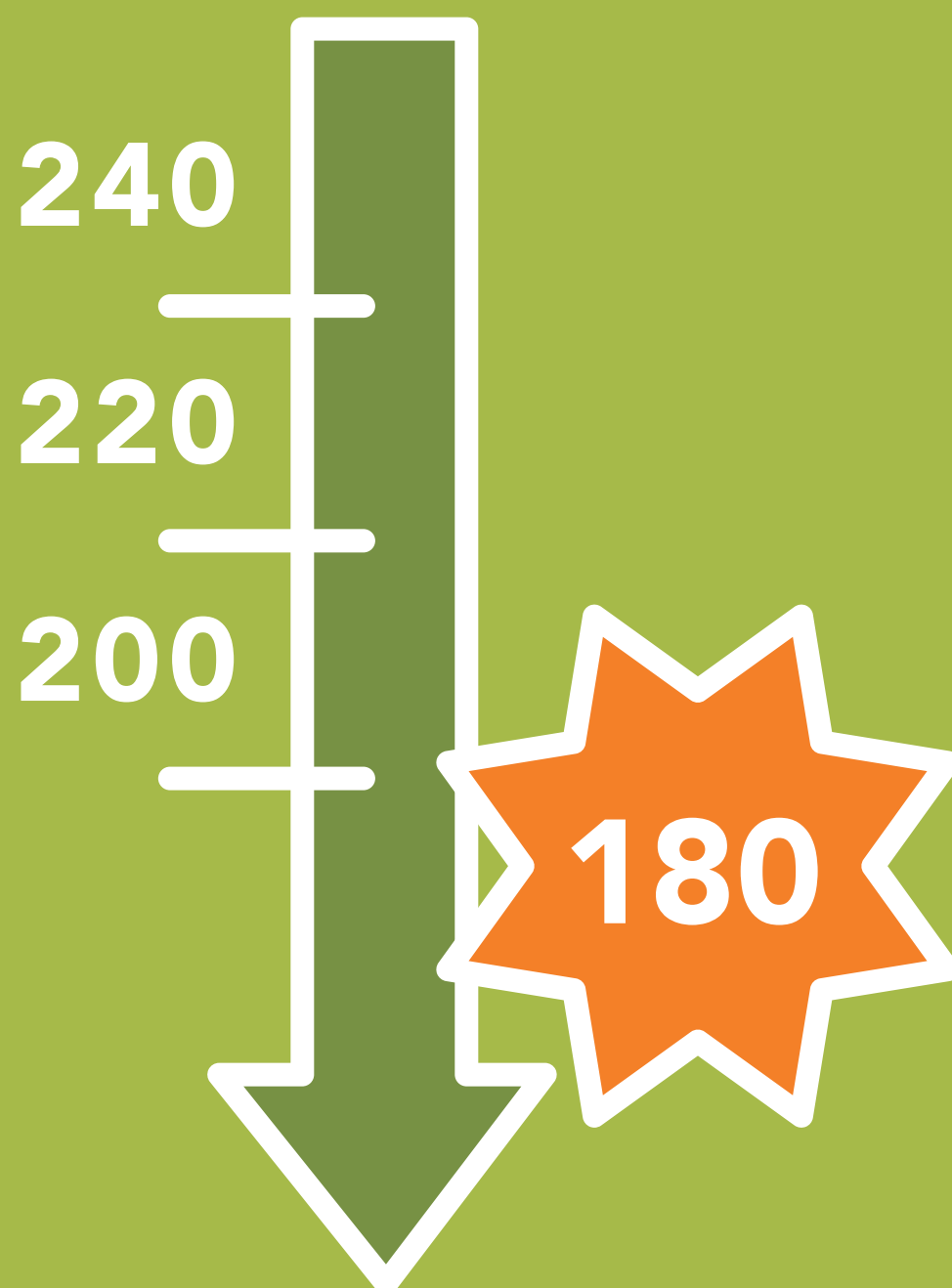
REGULAR STAIR CLIMBING AIDS WEIGHT LOSS



Source: Eves FF, Webb OJ, Mutrie N. A Workplace Intervention to Promote Stair Climbing: Greater Effects in the Overweight. *Obesity*. 2006;14(12):2210-2216



REGULAR STAIR CLIMBING LOWERS CHOLESTEROL



Source: Eves FF, Webb OJ, Mutrie N. A Workplace Intervention to Promote Stair Climbing: Greater Effects in the Overweight. *Obesity*. 2006;14(12):2210-2216



**REGULAR STAIR
CLIMBING BURNS
MORE CALORIES
PER MINUTE
THAN JOGGING**



Source: Eves FF, Webb OJ, Mutrie N. A Workplace Intervention to Promote Stair Climbing: Greater Effects in the Overweight. *Obesity*. 2006;14(12):2210-2216



CHANGE HAPPENS **ONE STEP AT A TIME**



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**ONE STEP
FARTHER
EACH DAY.**

**YOU CAN
DO IT**





EVERY STEP COUNTS



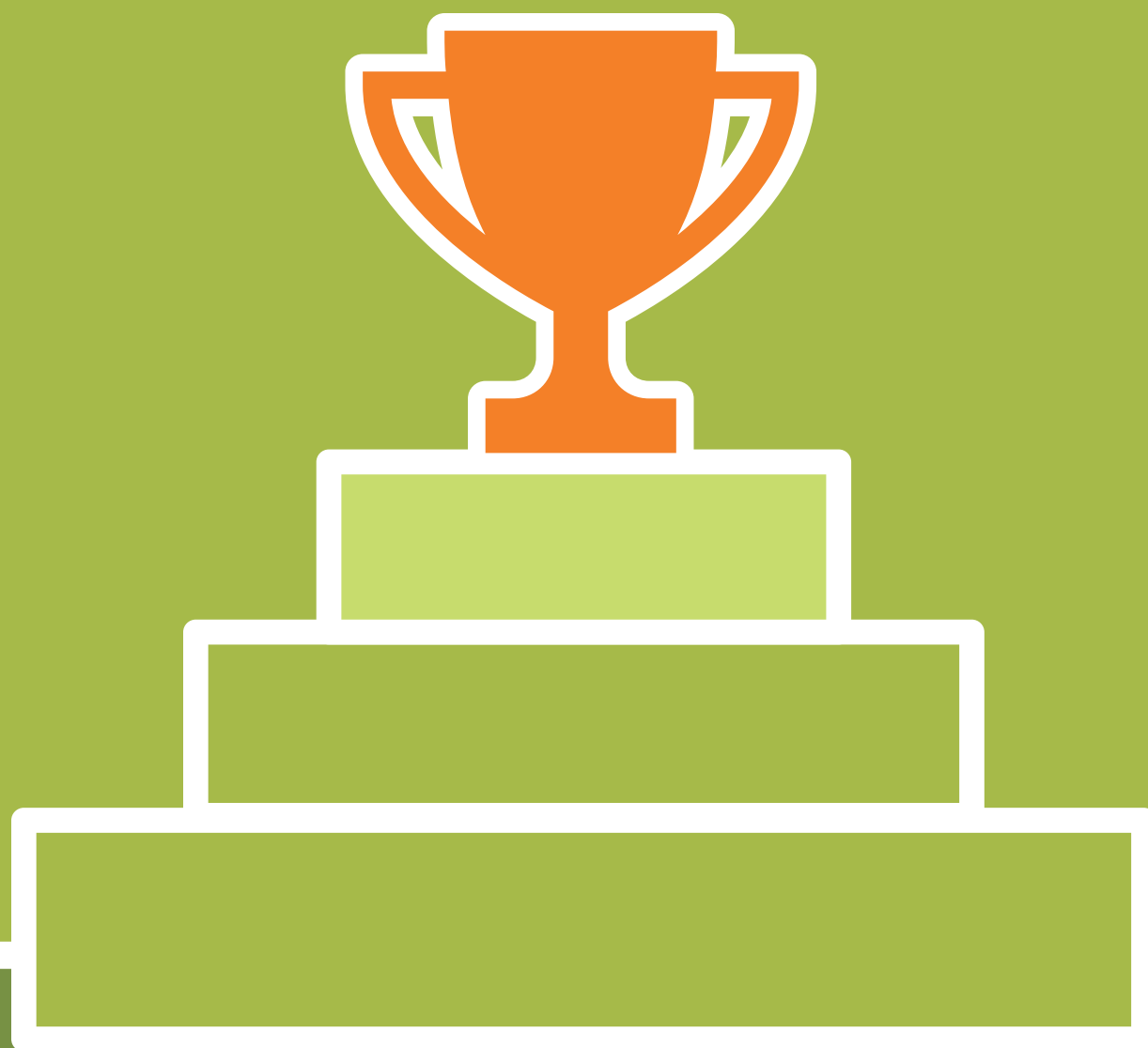


**STEP UP
TO A
HEALTHIER
LIFESTYLE**





**RAISE YOUR
FITNESS LEVEL,
ONE STEP
AT A TIME**





THE VICTORY
IS NOT ALWAYS
TO THE SWIFT,
BUT TO
THOSE WHO
**KEEP
MOVING**

