When you go up, your blood pressure goes down.

Take the Stairs

A flight
a day may
keep
chronic
disease
away.

The victory is not always to the swift, but to those who keep moving.

Physical activity will add years to your life, and life to your years.

Take the Stairs

The first
wealth
is
health.

(Ralph Waldo Emerson)

Take the Stairs

Walking up stairs burns almost 5 times more calories than riding an elevator.

In one minute, a 150 pound person burns approximately 10 calories walking up stairs, and only 1.5 calories riding an elevator.

There are 1440 minutes in every day... schedule 30 of them for physical activity.

Take the Stairs

No waiting one door over.

Take the Stairs

Small
steps
make big
differences.

Take the Stairs

Raise your fitness level, one step at a time.

Fight fat...

Feel fit...

Frequent

these

flights.

Take the Stairs

Step up
to a
healthier
lifestyle.

Take the Stairs

Now
that you
have
refueled...

Take the Stairs