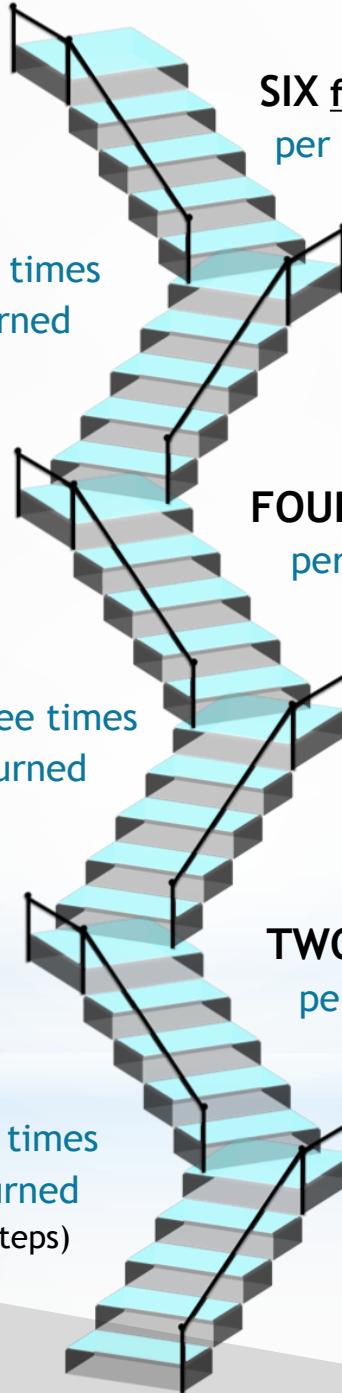


When it comes to health and fitness, little things can make a difference

# Take the Stairs!

(Door to stairs behind you) 😊



**SIX flights of stairs, three times per day = 90 calories burned**

**FIVE flights of stairs, three times per day = 75 calories burned**

**FOUR flights of stairs, three times per day = 60 calories burned**

**THREE flights of stairs, three times per day = 45 calories burned**

**TWO flights of stairs, three times per day = 30 calories burned**

**ONE flight of stairs, three times per day = 15 calories burned**

(an average flight of stairs= 12 steps)

(\*based on 150-160 pound person. A lighter person will burn Fewer calories, a heavier person will burn more.)