Take the Stairs

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Each time you take the stairs rather than the elevator, you are not only burning calories, you are saving energy. So if you don't need to use the elevator, set a goal to only take the stairs for an entire semester and find out just how great it can make you feel!

Quick Facts

 Stair climbing contributes to the necessary 30 minutes of physical activity per day. This exercise can lower the risk of hypertension and heart disease. · Walking up and down 3 flights of stairs rather than using an elevator saves enough energy to power a Plasma TV for 3 hours. By ditching the elevator, you will save about 33lbs. of CO2 a month.





