



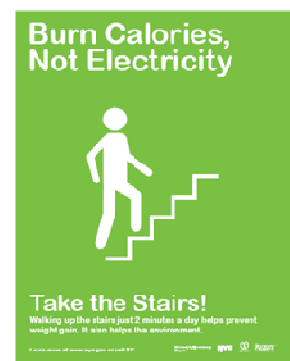
Stairway to well-being

Why skip the lift?

Did you know that walking just two flights of stairs per day can lead to 2.7 kg weight loss over one year?

Stair walking burns almost 700% the number of calories you burn standing in an elevator. It can improve the amount of 'good cholesterol' in your blood concentrations.

Plus, you don't need any special skills or equipment. And, fewer elevator trips means less electricity used. Be lean and green at the same time!



More info on benefits of stair walking

- Public Health Agency of Canada <http://www.phac-aspc.gc.ca/sth-evs/english/benefits-eng.php>
- Climbing stairs can prolong life <http://news.bbc.co.uk/2/hi/health/7591311.stm>
- New York City Dept of Health <http://www.nyc.gov/html/doh/html/pr2008/pr033-08.shtml>

Resources

See Public Health Agency of Canada's website for posters, tips to convince your employer or building manager, and fact sheets. <http://www.phac-aspc.gc.ca/sth-evs/english/benefits-eng.php>

Watch a funny video

<http://www.youtube.com/watch?v=FSIkjNaICsg>