

# Before you push that button... Did you consider the stairs?

Join the “Stair Climbers” by taking the stairs instead of the elevator. Burn calories and build strength each time you take the stairs!





## Calories Burned Walking Stairs



**1 floor, 3 times per day = 15 calories burned**

**5 floors, 3 times per day = 75 calories burned**

**10 floors, 3 times per day = 150 calories burned**

**(Based on 150-160 pound person. A lighter person will burn fewer calories,  
a heavier person will burn more)**