

# STAIR CLIMB BENEFITS

**STAIR CLIMBING COUNTS  
TOWARDS YOUR 30 MINUTES  
OF DAILY PHYSICAL ACTIVITY!**



**Better Health**  
at Work Award

# STAIR CLIMB BENEFITS

**TAKING THE STAIRS IS A  
ZERO-EMISSIONS ACTIVITY!**



**Better Health**  
at Work Award

# STAIR CLIMB BENEFITS

**15 MINUTES OF STAIR  
CLIMBING IS EQUIVALENT TO  
30 MINUTES OF RUNNING!**



**Better Health**  
at Work Award

# STAIR CLIMB BENEFITS

**STAIR CLIMBING CAN HELP  
BUILD AND MAINTAIN  
HEALTHY MUSCLES, BONES  
AND JOINTS!**



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# STAIR CLIMB BENEFITS

**STAIR CLIMBING IS AN  
EXCELLENT CALORIE BURNER!**



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# STAIR CLIMB BENEFITS

**STAIR CLIMBING CAN REDUCE  
THE RISK OF LIFESTYLE  
RELATED DISEASES SUCH AS  
HEART DISEASE AND TYPE 2  
DIABETES**



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