



Are You Taking the StairWELL to Better Health?

Consider these challenges...



Restroom Challenge

Every time you need to use the restroom, take the stairs to another floor

Three or Less Challenge

Take the stairs if you are traveling three floors or less

Calorie Challenge

You burn 10 calories taking the stairs vs. 1.5 calories waiting on or for an elevator - Don't you want to burn off these extra calories?

One or Two Challenge

Get off the elevator one or two floors before your destination and take the stairs