

# Are you taking **SMART STEPS** to your 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.

### **One or Two Challenge**

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

