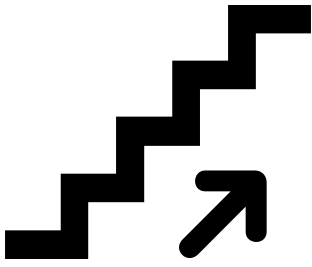


Why Should I Take THE STAIRS?



Taking the stairs is an easy way to put your muscles to work! The best part is that you don't even need any equipment and you can find stairs virtually anywhere, especially at your workplace.

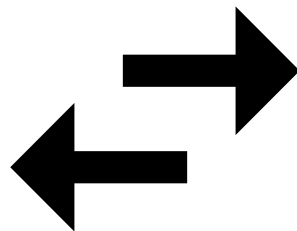
By taking the stairs you can:

- Strengthen your lungs and heart
- Help build healthy bones, muscles, and joints
- Firm and tone your leg and back muscles
- Release endorphins which can positively improve your mood and reduce stress
- Improve cardiovascular function
- Save energy! The only energy source needed is your body

Take advantage of the stairs wherever you are!

Take the stairs to
a restroom on a
different floor

Climb to the top
of Engineering
Tower



Check out the new
Paul Merage School
of Business stairs

Grab your coworkers
and make it a group
activity!

