

Launch Where? When?



Why take the stairs?

- Simple, easy and effective way to fit physical activity into your day
- The workplace is a great place to be active.
- Being inactive causes heart disease, stroke, diabetes, cancer and depression
- Saves electricity and helps the environment

What's in it for me?

- Burn calories
- Tone your legs and bum!
- Improve your energy and become more productive
- Improve your concentration, memory and mood

Top tips:

- Build up your stamina over time
- It's not just climbing the stairs that counts – going down also keeps you active and burns calories too!



For more information on how you can get active, see
www.choosetolivebetter.com/content/getting-active