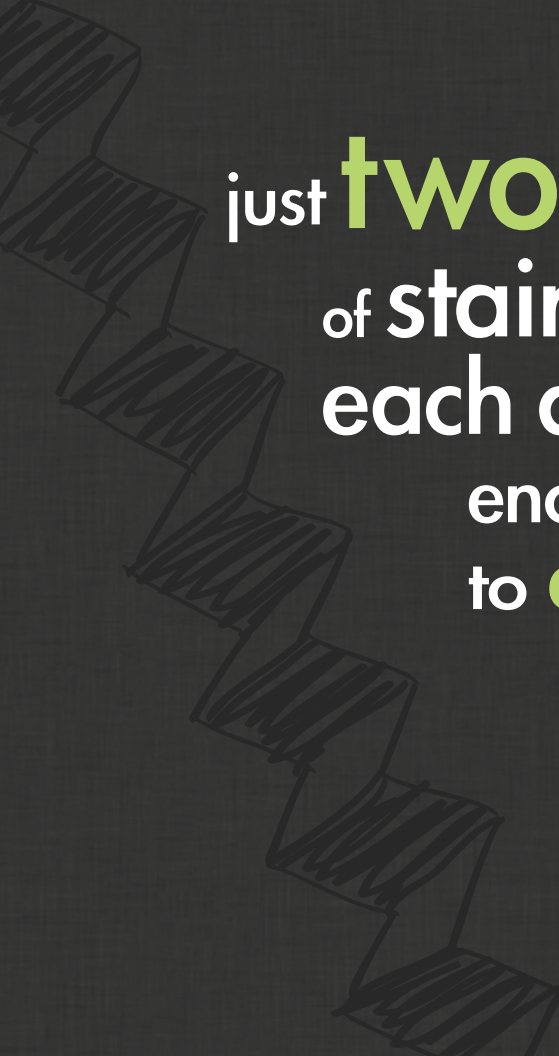


Take the  
stairs





just **two minutes**  
of stair climbing  
each day **burns**  
enough **calories**  
to **eliminate** the  
one **pound** an  
average adult  
gains each  
**year**



stair  
climbing  
burns almost **700**  
**percent**  
**more** than the  
number of  
**calories**  
you burn  
standing on an  
**elevator**







# stair climbing

has been shown  
to raise **good**  
**cholesterol**  
and **improve**  
cardiovascular  
**health**





**20** floors  
per week

= **20%**

lower risk  
of  
**stroke**

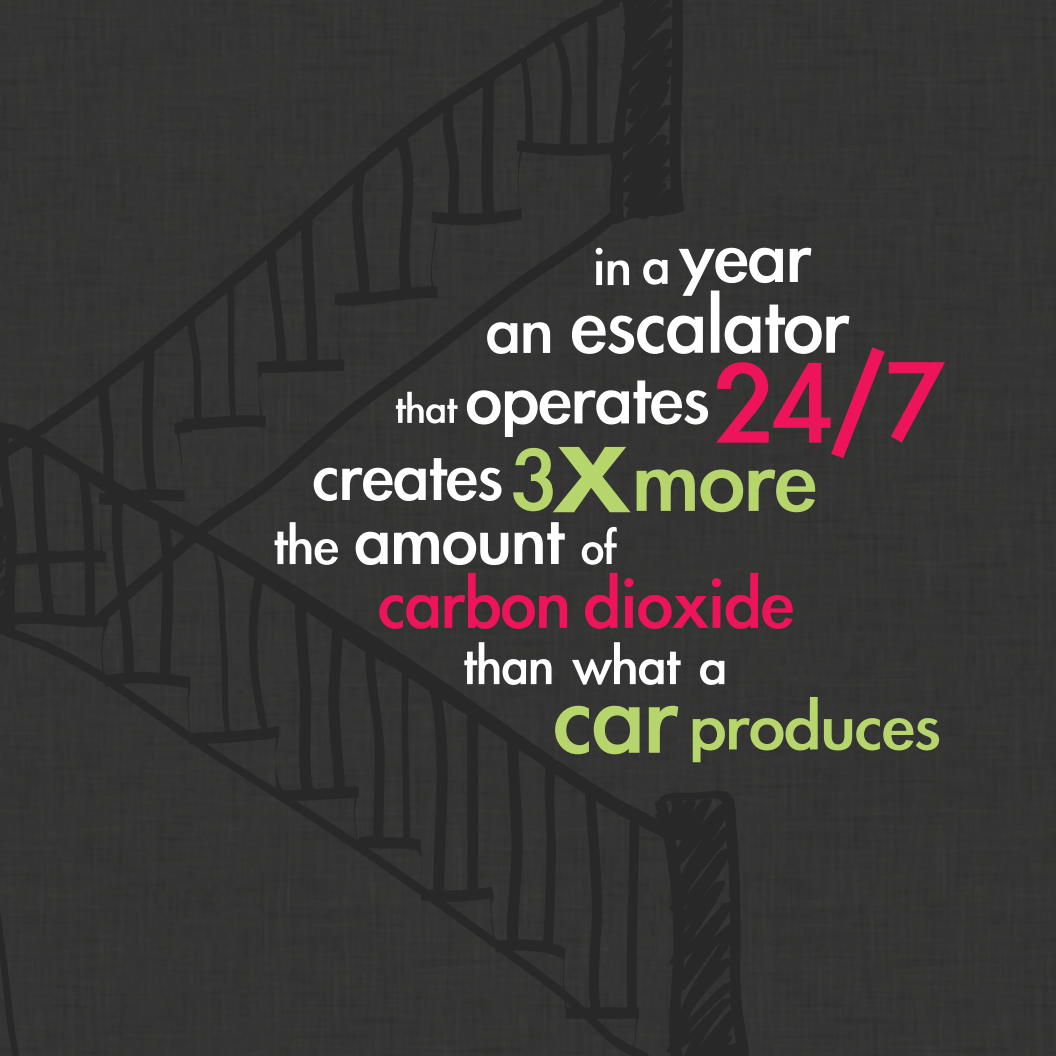


nicht einsteigen



7.47 27.02  
Gossau Wil Winterthur  
Ruhete & Stad. Bf. Service

2



in a year  
an escalator  
that operates **24/7**  
creates **3X** more  
the amount of  
**carbon dioxide**  
than what a  
**car** produces



Take the  
stairs

