

Say no to the elevator and yes to the stairs

DID YOU KNOW...

4 out of 5 Europeans don't even spend 30 minutes a day exercising? Yet, the absolute minimum for a healthy lifestyle.



Get fitter

Taking the stairs burns more calories than jogging!

- 5 min of walking: 21 kcal
- 5 min of jogging : 42 kcal
- 5 min of walking up and down the stairs: 48 kcal

By walking up and down two flights of stairs (2 floor levels or 24 treads) each day, you can lose up to 2.7 kg of body fat a year.

That's a free workout!



Stay healthy



By using the stairs daily, you will improve your health:

- reduced risk of high cholesterol
- stronger bones and muscles
- less physical complaints
- reduced risk of heart disease

The result? A healthier body and more energy



Save energy

Taking the stairs is a so-called 'green' activity. By taking the stairs instead of the elevator, you can reduce CO₂ emissions by up to 120 kg a year.



Quicker than you think

Walking up and down stairs is often quicker than taking the elevator as there is no time spent waiting. The more you take the stairs, the easier it gets. And, before you know it, it will develop into a habit!

Take the stairs instead of the elevator whenever you can. It counts as physical exercise!

