TAKING THE STAIRS

BURNS TWICE AS MANY CALORIES AS WALKING

burns **7X** times more calories than taking an elevator

And uses zero electricity, unlike the elevator.

Help the environment. Improve your health.
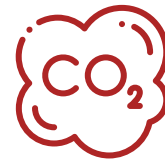
KEY POINTS

Burns more calories per minute than jogging

Reduces cardio risk by more than 30%

Helps control weight and builds muscle tone

Saves up to 15 mins a day and cuts carbon

Easy to build into your life and make a habit

CAFCONNECTION.CA/BALANCE