

Take the stairwell

One small step:

When you use the restroom,

take the stairs to another floor.



Department of
Health

This project is funded under a grant
contract with the State of Tennessee.



**KNOX COUNTY
TENNESSEE**
HEALTH DEPARTMENT

KCHD 2/11/2022

Take the stair*well*

One small step:

You burn 10 calories taking the stairs vs. 1.5 calories ...

waiting for an elevator.



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**KNOX COUNTY
TENNESSEE**
HEALTH DEPARTMENT

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One small step:

Seven minutes of stair climbing

protects your heart!



TN

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TENNESSEE**
HEALTH DEPARTMENT

KCHD 2/11/2022

Take the stairwell

Feel fit

one flight at a time.

Take a break
and take the stairs.



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Stair climbing helps relieve

negative feelings in the
same way running does,

by releasing endorphins!



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Take the *stairwell*

An average person loses

10 calories per minute

while climbing the stairs.



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