

Take the *stairwell*

One small step:

When you use the restroom,

take the stairs to another floor.



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



Take the stairwell

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

Take the *stairwell*

One small step:

Seven minutes of stair climbing

protects your heart!



TN Department of
Health

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**KNOX COUNTY
TENNESSEE**
HEALTH DEPARTMENT

Take the *stairwell*

Feel fit

one flight at a time.

Take a break
and take the stairs.



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**KNOX COUNTY
TENNESSEE**
HEALTH DEPARTMENT

Take the *stairwell*

Stair climbing helps relieve

negative feelings in the
same way running does,

by releasing endorphins!



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An average person loses

10 calories per minute

while climbing the stairs.



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