

# STAIR CLIMB YOUR WAY TO BETTER HEALTH

WHAT'S IN IT FOR YOU?



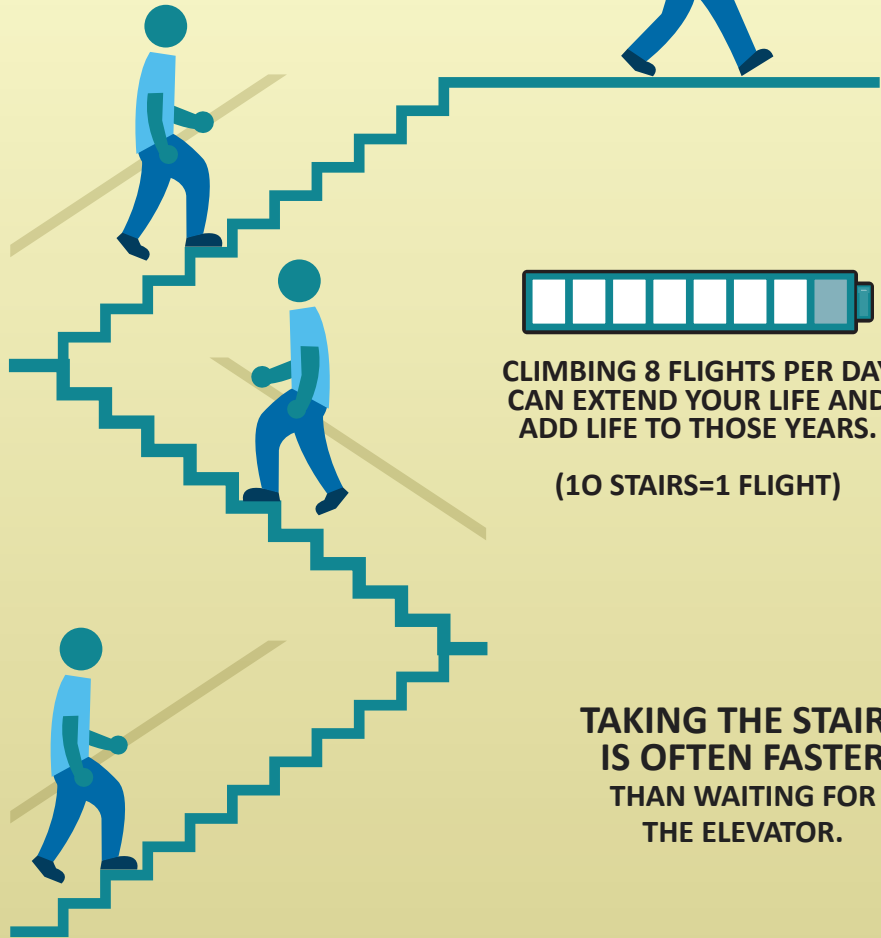
OVERALL IMPROVED HEALTH



15 MINUTES OF STAIR CLIMBING



IS EQUIVALENT TO 30 MINUTES OF RUNNING!



CLIMBING 8 FLIGHTS PER DAY CAN EXTEND YOUR LIFE AND ADD LIFE TO THOSE YEARS.

(10 STAIRS=1 FLIGHT)

TAKING THE STAIRS IS OFTEN FASTER THAN WAITING FOR THE ELEVATOR.



SIGN UP TODAY!

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WHEN'S YOUR NEXT FLIGHT?