

STAIRS: Your instant gym



NEED MORE REASONS
TO TAKE THE STAIRS?

*Use the QR code reader on your
mobile device to download the PDF.*

Regular stair climbing provides real fitness benefits, and there's no gym membership or special equipment required.

Taking the stairs can help you build stronger leg muscles and burn more calories. You'll burn about 10 calories a minute, and two flights a day can result in six pounds shed over the course of a year. Stair climbing is great cardio exercise, improving your lung capacity and raising the level of oxygen in your blood.

**So take that first step and raise
your fitness level today.**

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