

# Are you taking **SMART STEPS** to your health?

## CONSIDER THESE CHALLENGES

- **Restroom Challenge**  
Every time you need to use the restroom, take the stairs to another floor.
- **Three or Less Challenge**  
Take the stairs if you are traveling three floors or less.
- **Calorie Challenge**  
You burn 10 calories taking the stairs vs. 1.5 calories waiting on or for an elevator.
- **One or Two Challenge**  
Get off the elevator one or two floors before your destination and take the stairs.