

Take The Stairs!

See how many calories you burn by taking the stairs!

(an average flight of stairs= 12 steps)

One flight of stairs, three times per day= 15 calories burned

Two flights of stairs, three times per day= 30 calories burned

Three flights of stairs, three times per day= 45 calories burned

Four flights of stairs, three times per day= 60 calories burned

Five flights of stairs, three times per day= 75 calories burned

Six flights of stairs, three times per day= 90 calories burned

(*based on 150-160 pound person. A lighter person will burn fewer calories, a heavier person will burn more)

