

# When able, make the climb to better health!



Taking the stairs is a **faster** and more **sustainable** way to reach your destination.



Taking the stairs is a **free and accessible** form of exercise.

- Reduce your **carbon footprint**
- **Lessen energy** consumption and save time



Taking the stairs can improve your overall **mental well-being**.

- **No cost** of special equipment
- A **convenient** way to exercise



Taking the stairs helps to reach daily recommended **physical activity goals**.

- **Release endorphins** to boost mental health
- **Increase energy** and reduce anxiety and depression



- **Combat** sedentary behavior
- Build **leg strength**
- Improve **heart health**



USC WorkWell Center

Feel free to print and post as a reminder to take the stairs.