

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

North Carolina
HEALTH
Smart