



TAKE THE STAIRS!

2X BETTER WORKOUT

Stair climbing burns approximately 15 calories a minute. It makes a significant contribution to the 30 minutes of exercise we all need every day!



FASTER TO YOUR CLASS



Using the stairs is often faster than waiting for an elevator during peak usage times

100% FREE WORKOUT

Climbing stairs requires no special skill, equipment or clothing; burns twice as many calories as walking



SAFETY MATTERS



Hold the handrails. Wear safe and well-fitting shoes. Avoid descending too quickly. Do not carry items that block your view

The Take the Stairs Campaign is part of the systemwide Healthy Campus Network (HCN) which aims to make the healthy choice the easy choice through the creation of social conditions that nurture healthy and productive behaviors, healthy work and academic environments, and culture change. One aspect of the UC HCN is launching a stairwell campaign with the goal of supporting a more physically active culture through transforming the environment to better support activity throughout our campuses.

The stairwells in School of Medicine, Surge and Olmstead have been cleaned and painted to make them more attractive and accessible for use. Promotional signage has been installed to encourage and motivate stair usage for those that are able to use the stairs. There are many benefits to taking the stairs such as improved health, saves time and is more environment-friendly. For those that are not able or choose not to take the stairs, healthy tips are provided inside the elevators.

Take the stairs if you can.

