

# Thinking about taking the stairs?

Take a step in the right direction!



## **FACT:**

You burn 50 calories for every five minutes you spend climbing stairs.

**Discover how small steps can lead to big improvements in your well being.**

Join a *Green Day* or *Step Into The New You Challenge* and track your steps and fitness level!

[BeWellSHBP.com/fitness](https://BeWellSHBP.com/fitness) | 1-888-616-6411

*Always consult your physician or other health care professional before starting this or any other fitness, nutrition and/or weight management program to determine if it is right for your needs.*