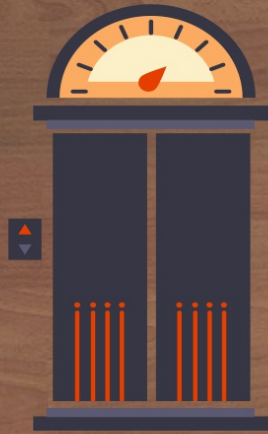


A Pledge to Take the Stairs



A three story
elevator uses
3,800 kWh
per year

=

The energy
consumed by
an American
home in 4
months

Let's put this into context...



1 floor,
up and down

=



4 Wh

=



1 full charge

Then there's your health



One flight of stairs 3
times daily burns
about 15 calories

It also
strengthens
abdomen, lower
back, and legs

And it brings you
closer to the AHA's
recommended 30
minutes of
exercise per day



