



Change happens  
one step at a time.



Small steps make a  
big difference.



A photograph showing a person's shadow cast on a light-colored concrete floor. The shadow is dark and clearly defined, showing the person's arms and legs spread out. In the background, a staircase with dark steps and a light-colored railing is visible. The lighting is bright, creating a high-contrast scene.

Walking up stairs burns nearly 5 times more calories than riding an elevator.



No waiting one door over.

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Burn calories, not kilowatts.

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