

Free Stairmaster!



TAKE THE STAIRS!

- One** flight of stairs, three times per day= **15** calories burned
 - Two** flights of stairs, three times per day= **30** calories burned
 - Three** flights of stairs, three times per day= **45** calories burned
 - Four** flights of stairs, three times per day= **60** calories burned
 - Five** flights of stairs, three times per day= **75** calories burned
 - Six** flights of stairs, three times per day= **90** calories burned
- (*based on 150-160 pound person. A lighter person will burn fewer calories, a heavier person will burn more)