

# **Choose stairs**

**Use the opportunity!**

# Choose stairs



**Show  
example**

Role models  
have a great  
effect.

**Use the opportunity!**

# Choose stairs



**Save  
time**

You don't  
have to wait  
for the stairs.

**Use the opportunity!**

# Choose stairs



**Get  
more  
fit**

**Climbing  
stairs equals  
jogging.**

**Use the opportunity!**

# Choose stairs



**Refresh  
yourself**

**Bloodflow  
increases in  
your whole  
body.**

**Use the opportunity!**

# Choose stairs

**Show  
example**



**Save  
time**



**Get  
more  
fit**



**Refresh  
yourself**



**Use the opportunity!**