

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 *5,000 Steps Challenge* and track your steps and fitness level!

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.