

# STAIRWAY TO HEALTH.

Wellness is determined by dozens of small choices we all make every day. For example, take the stairs - no, really, **TAKE THE STAIRS!** It's estimated that stair-climbing for just 2 minutes a day (6-8 flights) will **burn enough calories to**



**prevent annual weight gain for the average**

American. Other moderate activities we can choose to work into our daily lives include taking a daily **brisk walk** (at a 15-minute mile pace or so), **biking** at a leisurely rate (10 mph or less), actively **playing** with children, doing **light yard work** (or snow shoveling), **light weight lifting**, and similar common activities that are easy to do, quick, and healthy!

the big number

# 7665

A two-minute stair climb every day for a year would burn about 7665 calories - 3 or 4 days' worth of eating!

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!™**

*This institution is an equal opportunity provider.*

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"STAIRWAY TO HEALTH"

## EAT BETTER

Try lots of different fruits, veggies, whole grains, and protein options for a healthy diet. You're bound to find a few you really like!

### BANANA SLICES

Banana slices are your BFF before any cardio workout! Banana raises your potassium, which is depleted when you sweat.



Pair the banana with wheat toast for a mix of complex and simple carbs to power your whole workout!

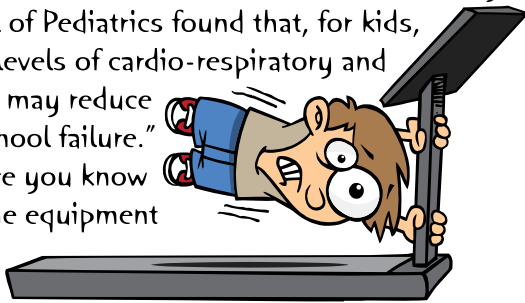
## LIVE HEALTHIER



Need another reason to take the stairs? Do it for the health of the Earth! Think of the energy it takes to move a person's weight up two or three flights in an elevator. When you take the steps – up or down or both – you help the planet, too, in your own small way. It's a win-win!

## LEARN EASIER

Kids who do cardio do better in school, too! A study in the Journal of Pediatrics found that, for kids, "having high levels of cardio-respiratory and motor fitness may reduce the rate of school failure." Just make sure you know how to use the equipment before you begin!



## PLAY HARDER



If you start climbing stairs during your day and like the way it makes you feel, the next "step" is to start using a stair machine like you'll find at most health clubs and gyms. A 165-lb person will burn about 330 calories in half an hour on a stair climber – do that 3 times a week and that's more than 50,000 calories a year!

First things First



**BREAKFAST @SCHOOL**  
For first-class learning!



Featuring Healthy Fruits & Grains!

**School Meals**  
We serve education every day

Over the last several school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers. For instance, *the added emphasis on vegetables, fruits, and whole grains on our menus has helped increase the fiber content of our meals.*



**DON'T 4GET!**  
Take at least **ONE FRUIT or VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!



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