

Catch a Flight

March 1st—March 31st

Rather than taking an elevator or escalator take a flight of stairs. Not only does it save time but stair climbing offers a variety of benefits to your overall health. Doctors recommend stair climbing as an ideal way to improve your energy, increase the function of your immune system and lower your risk for diabetes, high blood pressure, osteoporosis and heart disease. Each time you take a flight of stair this month put a check in a box. Make an effort to fill as many squares as possible

