## A Pledge to Take the Stairs



A three story elevator uses 3,800 kWh per year The energy consumed by an American home in 4 months

Let's put this into context...



1 floor, up and down





4 Wh





1 full charge

Then there's your health

It also strengthens abdomen, lower back, and legs

One flight of stairs 3 times daily burns about 15 calories

And it brings you closer to the AHA's recommended 30 minutes of exercise per day



## I pledge,

along with my Green Office Colleagues, to take the stairs whenever possible to avoid the energy consumption of elevators.



Name:	Date:

