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

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

It also strengthens abdomen, lower back, and legs

One flight of stairs 3 times daily burns about 15 calories
I pledge,
along with my Green Office Colleagues, to take the stairs whenever possible to avoid the energy consumption of elevators.

Name: ________________________

Date: ________________________