

# Workout at Work: Take the Stairs

Stair climbing leads to blood circulation, which leads to feeling pretty dang cool

Walk off the morning pancakes



Leads to an extremely buff pair of lungs

$$1+1+1+1-1\div 1$$

Count as you walk to improve your math skills

Calves so muscular they should be illegal



Give the elevator the cold shoulder. Take the stairs whenever possible during the day. Steps to taking the stairs: step up, step up again, repeat.



  
Intermountain  
LiVe Well