

SEE YOU LATER, ELEVATOR.

Stair climbing burns 700%
more calories than standing
in an elevator.



**STEP
UP**
HAWAII



**START.
LIVING.
HEALTHY.**
HealthyHawaii.com
Hawaii's Department of Health

EDDIE WOULD CLIMB.*

Take the stairs to meet your
daily exercise goals.



**STEP
UP
HAWAII**



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HEALTHY.**
HealthyHawaii.com
Hawaii's Department of Health

* Use courtesy of the Eddie Aikau Foundation with the permission of the Aikau Family LLC.

Put the “well” in stairwell.

Take the stairs for
better health.



**STEP
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HAWAII**



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LIFE IS SHORT.

TAKE TWO STEPS AT A TIME.

Use the stairs and burn
twice as many calories
as walking.



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Your first step to wellness is, in fact, A step.

Climbing the stairs for
2 minutes a day helps
prevent weight gain.



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The path to wellness starts here.

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