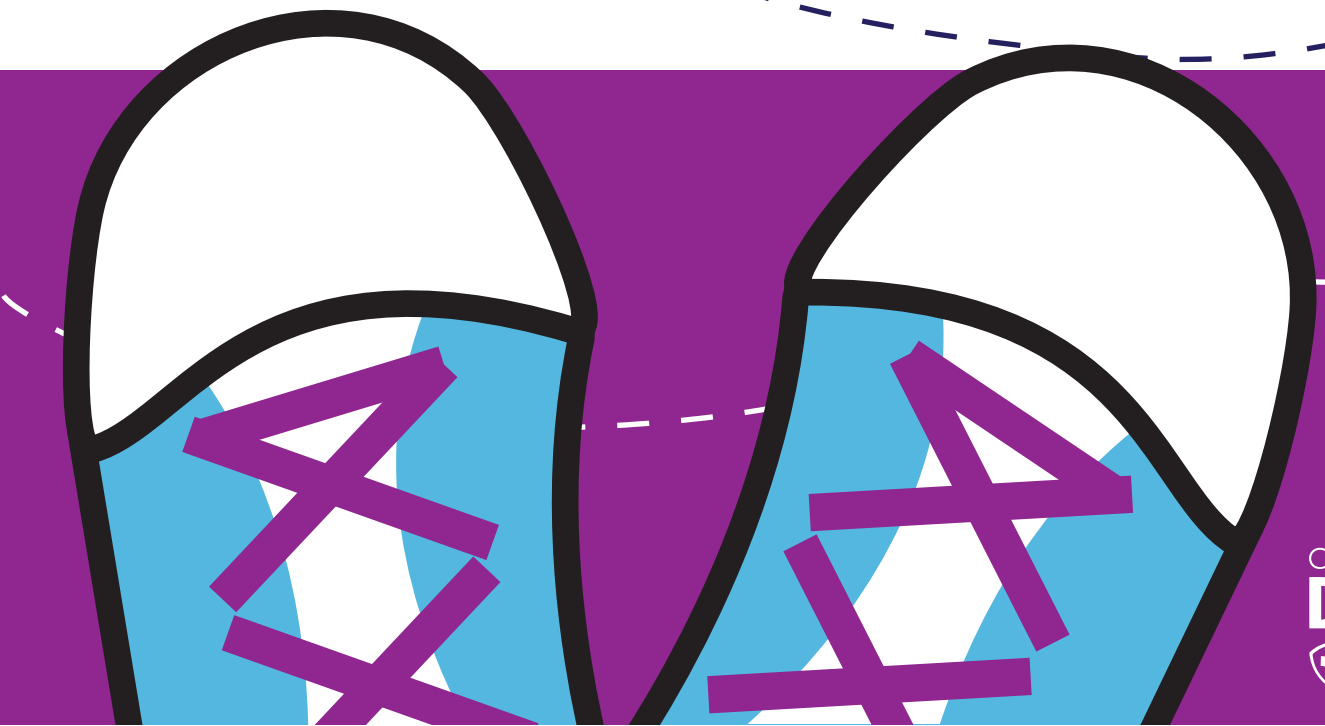
take the stairwell

An average person loses

10 calories per minute

while climbing the stairs.



Knox County Health Department

Every Person, A Healthy Person