

**Name:**

**Month:**

**Total:**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Stair Total:	Stair Total:	Stair Total:	Stair Total:	Stair Total:	Stair Total:	Stair Total:
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## Tips to help you move more at work:

### 1 Take it slow.

If you have a number of stairs in your building, work towards reaching one flight of stairs and being able to easily climb the stairs before adding another flight.

### 2 Progression is key!

Work towards taking the stairs once a week and slowly progress towards taking them every day of the week, if possible!

### 3 Break up the workday.

Consider movement within your morning, lunch and/or afternoon break. Grab a buddy and take the stairs! This activity will increase your daily movement, strengthen your legs and bones while providing an energy boost for when you return to your desk!

### 4 Take breaks along the way!

Remember to rest if needed along a landing to catch your breath and rest your legs.

**It's okay to use the elevator, but consider taking the stairs sometimes, even part of the way! Every step counts!**