

# STAIRS

## Why are stairs important?

An inactive lifestyle can lead to obesity and other major healthy disparities. Taking the stairs is a great way to be more physically active. In today's society, we are often presented with the option of taking the stairs, escalator or elevator. By choosing to take the stairs we can add a little more physical activity into our day.

It is important to create “friendly stairwells” to ensure that they are safe and inviting. If your building has a stairwell, why not use it?

## How can you create friendly stairwells?

### Safety

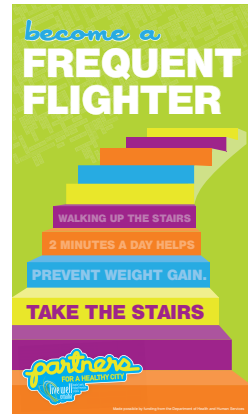
- Make sure there are proper lighting and hand rails.

### Appearance

- Walls should be painted in bright colors.
- Hang artwork, if permitted.

### Promotion

- Use clever prompts and signage to encourage people to take the stairs.
- **Display stair posters**



For more information on how to improve the stairways in your organization, visit [partnersforahealthycity.org/policy-center/](http://partnersforahealthycity.org/policy-center/)