

Burn Calories, Not Electricity



Take the Stairs!

Walking up the stairs just 2 minutes a day helps prevent weight gain. It also helps the environment.

Learn more at www.nyc.gov or call 311.
Made possible by funding from the Department of Health and Human Services.

Bill de Blasio
Mayor

NYC
Health

greenNYC

ALL IN THE CITY
OFFICE OF THE DEPUTY MAYOR

REBNY
REAL ESTATE BOARD OF NEW YORK