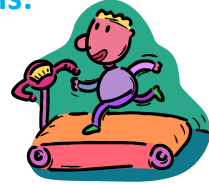


**StairSteady agrees with the WHO recommended activity levels:**

**Using your Stairs is a great way to stay active!**



- ❖ Adults: 30 minutes of moderate-intensity physical activity at least five days a week.
- ❖ Children: 60 minutes of moderate-intensity physical activity each day.
- ❖ Targets can be achieved with 10-minute bursts of activity spread throughout the day.