

How many calories do you burn taking the stairs?

- 1 flight of stairs = 10 calories burned
- 2 flights of stairs = 20 calories burned
- 3 flights of stairs = 30 calories burned
- 4 flights of stairs = 40 calories burned

Results are based on a 150-160 pound person*

How many flights of stairs would you have to walk up to burn off your favorite snack?

- Snickers Bar (250 calories) = **25 flights**
- 12oz Coca Cola (143 calories) = **14 flights**
- 11 Doritos chips (150 calories) = **15 flights**
- 3 Oreo cookies (120 calories) = **12 flights**
- Solid chocolate bunny (240 calories) = **24 flights**
- Small Smoothie King smoothie with Turbinado (395 calories) = **40 flights**



Instead, try:

- 1 small apple (60 calories) = **6 flights**
- 1 cup broccoli (30 calories) = **3 flights**