



**GAIN TWO FLIGHTS OF STAIRS A DAY
LOSE 2.7KGS A YEAR**



8700.com.au
FIND YOUR IDEAL FIGURE

BURN
KILOJOULES
NOT ELECTRICITY



TAKE THE STAIRS

YOUR HEART WILL THANK YOU



8700.com.au
FIND YOUR IDEAL FIGURE

BURN
KILOJOULES
NOT ELECTRICITY



BUTTS AND THIGHS REALLY LOVE STAIRS



8700.com.au
FIND YOUR IDEAL FIGURE

BURN
KILOJOULES
NOT ELECTRICITY



**CLIMBING THE STAIRS BURNS KILOJOULES
3 X FASTER THAN WALKING**



8700.com.au
FIND YOUR IDEAL FIGURE

BURN
KILOJOULES
NOT ELECTRICITY



**10 MINUTES OF STAIRS BURNS 500KJ
THAT'S A CAN OF LEMONADE**



8700.com.au
FIND YOUR IDEAL FIGURE

BURN
KILOJOULES
NOT ELECTRICITY



**10 MINUTES OF STAIRS BURNS 500KJ
THAT'S A FULL CREAM LATTE**



8700.com.au
FIND YOUR IDEAL FIGURE

BURN
KILOJOULES
NOT ELECTRICITY