

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.

Stairs mark all buildings per section 240.
Made possible by funding from the Department of Health and Human Services.
©2008 The New York City Department of Health and Mental Hygiene. All Rights Reserved.

Michael R. Bloomberg
Mayor

HVAC
New York City



REJINITY
New York City