

JOIN US!

**TAKE
THE FIRST
STEP**

USE THE
STAIRS



European Parliament

Looking for a simple way
to improve your health?

Feeling stressed
at work?

Lacking time for physical exercise
in your daily routine?

Striving to boost your
energy level throughout
the day?

The solution is very simple.
TAKE THE STAIRS...



Foreword by Vladimír Maňka, Quaestor of the European Parliament



Dear colleagues,

This initiative offers you a simple way to improve your health, boost your energy, relieve your stress and enhance your productivity.

Success though depends on you.

It's your choice.

Are you ready to take the first step to a healthier life-style?

Try it.

Start today and you will soon find yourself able to walk up several flights of stairs without losing your breath.

Take the first step. Use the stairs.

A stylized, handwritten signature in blue ink, likely belonging to Vladimír Maňka.

HEALTH BENEFITS OF STAIR CLIMBING



REDUCES:

Blood pressure
Cholesterol
Stress and tensions
Risk of heart disease

INCREASES:

Life expectancy
Bone density
Cardio vascular fitness



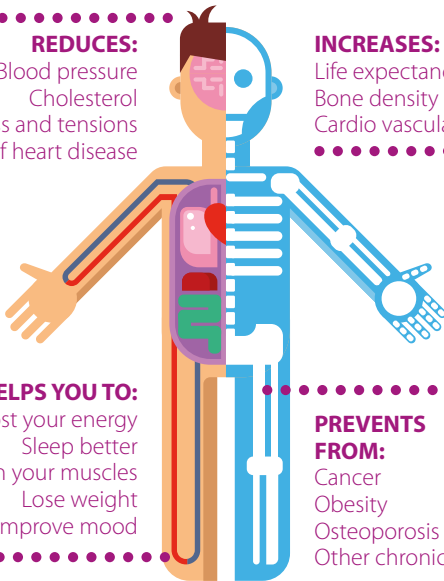
HELPS YOU TO:

Boost your energy
Sleep better
Strengthen your muscles
Lose weight
Improve mood



PREVENTS FROM:

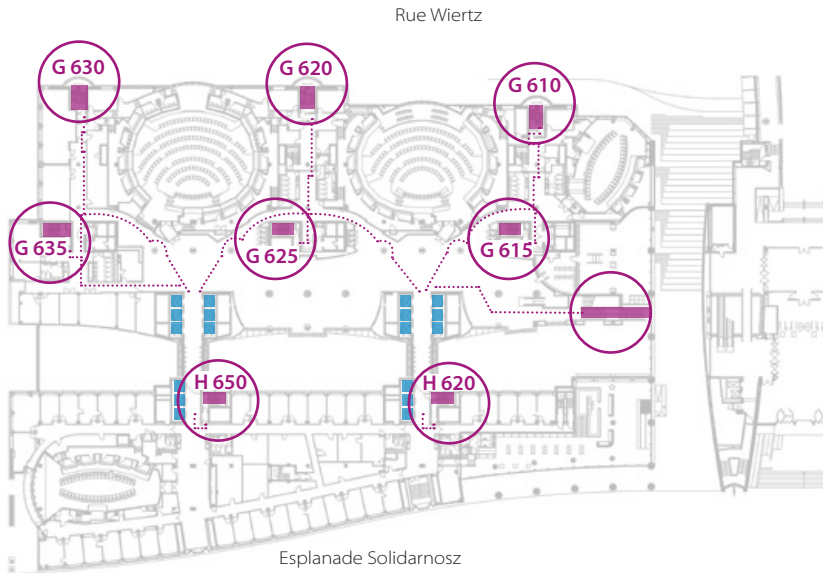
Cancer
Obesity
Osteoporosis
Other chronic diseases (diabetes)



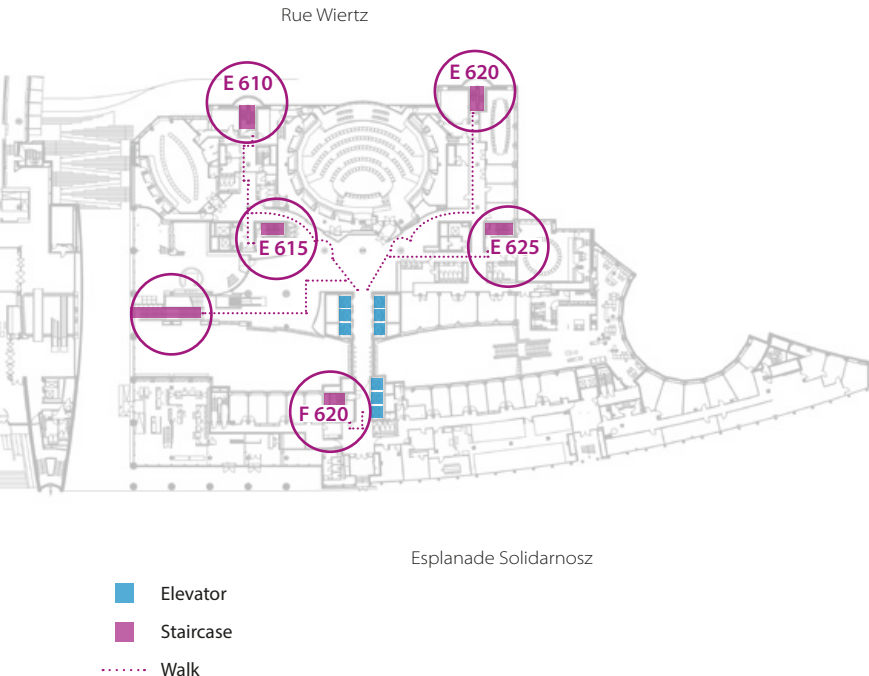
FIND YOUR NEAREST STAIRCASE,
FOLLOW THE SIGNAGE:



PLAN OF STAIRCASES IN THE **ALTIERO SPINELLI** BUILDING



BUILDING OF THE EUROPEAN PARLIAMENT, BRUSSELS



BEAR IN MIND **YOUR SAFETY AND SECURITY**



The light is on,
nevertheless keep
your eyes open.

Watch where you walk, you'll find
your message of the day there.

Stairs are designed to guarantee
your comfort, enjoy it.

Keep right on the stairs



Walk slowly, you'll
be anyway faster
than the elevator.

Golden rule to remember:

Never panic, keep calm .

In case of emergency, evacuation doors
unlock automatically. If not, press the
red button which is next to the door.

Emergency number: **85112**



And build an
Eco-Friendly
Parliament

5 AMAZING FACTS ABOUT THE STAIR CLIMBING:

Stair climbing **produces endorphins** –
the feel good hormone

Climbing just 4 floors a day lowers **average early
mortality risk by 33%**

Using stairs for 7 minutes a day can **halve the risk of
heart attack over 10 years**

Stair climbing burns about **twice as many calories**
than any other sport activity

Just 2 minutes extra stair climbing a day is enough
to stop average middle age weight gain

STAIR CHALLENGE COMPETITION



Are you ready to challenge yourself?

Do you want to become a **champion** in the EP stair climbing competition?

Access the web-based application and **start climbing**:

<https://epstairs.europarl.europa.eu/>



THANK YOU!

Office of Vladimír Maňka, Quaestor

DG ITEC – IDEA Unit (Intranet and Multimedia); Innovation service
(Performance and Internal Control Unit)

DG INLO - Directorate for Infrastructure; Buildings Management and
Maintenance Unit

DG SAFE - Directorate for Prevention, First Aid and Fire Safety

DG PERS - Risk Prevention and Wellbeing Unit; Communication Service;
Medical Service in Brussels

EMAS Unit

Secretariat of the Bureau and Quaestors

Advisory Committee for Prevention and Protection at Work (CPPT)



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