

Every physical activity counts: Success in just a few steps.

Stairs are an ideal way to integrate physical activity into your daily life in a simple and effective way, and to improve your health.



Did you know?

Choosing the stairs on a regular basis trains the cardiovascular system and the muscles of the buttocks, calves and thighs, increases endurance, improves metabolism, increases well-being, concentration and lowers blood pressure!

More tips and information: www.bag.admin.ch/auf-stehen



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Department of Home Affairs (FDHA)
Federal Office of Public Health (FOPH)

