

Mission In Motion

Health & Wellness
Tip of the Week
Week 19



May 6, 2013

Thirty steps closer to good health – just climb the stairs! Climbing stairs is primarily an aerobic activity, an activity that provides a cardiovascular workout. Stair climbing machines are also a good option. Whether you're climbing stairs or using a machine, keep your back erect or bent slightly at your hips.

Source: University of California, Berkeley Wellness Letter

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