

Could taking the stairs give you a lift?



We all sometimes feel like we haven't got the energy to exercise. But the thing is, the more energy you use, the more you'll have. And it doesn't have to be vigorous – swapping lifts or escalators for sometimes taking the stairs, or delivering some of your messages in person rather than by phone or email, are great ways to start.

What swaps could you make to get you up & about?

Swap it, don't stop it:
Search Change4Life online to find other simple swaps.

