



Take the stairs today – and every day!

Take the stairs campaign: October 24 to November 18

**Improve your fitness and health by taking the stairs instead of the lift!
Win sporty prizes by registering your stair climbing on akeractive.com**

Healthy competition

Register your daily stair climbing on akeractive.com and get the chance to win sporty prizes.

Challenge a colleague to take the stairs on akeractive.com

Take a quick test at akercare.com to see if your activity level is according to health recommendations.

Health and Fitness benefits

- 2 minutes of stair climbing a day can improve your aerobic capacity / endurance by 10-15%
- 10-20% increase in fitness from stair climbing over 3-4 months can
 - lower blood pressure
 - lower cholesterol and lipids
 - lower blood sugar
- Stair climbing is as effective as jogging in improving your endurance and leg strength
- Over 35 illnesses related to lifestyle can be partly prevented or treated by regular exercise
- 50 percent reduced risk of early death if you are physically active 150 minutes per week or more

Aker Care Health Services

Aker Care offers a comprehensive selection of healthcare services and activities for employees in Aker-owned companies in Norway



Aker Care consists of three service categories:



Personal Health Service provides health screenings, medical examinations, treatments, follow up on health concerns and specialist referrals when necessary.



Occupational Health Service detects and monitor work-related health risks and advise employees and the company on how to implement targeted measures to prevent disease and injury.



Health Promotion Service assists employees in the implementation of exercise, healthy nutrition and stress management through individual and group based activities.

To learn more about Aker Care and the services we offer go to akercare.com

www.akercare.com