

上樓梯! STEP UP!

上樓梯7分鐘可消耗1片火腿的熱量。

7 minutes of stair climbing can burn the calories of 1 slice of ham.

上樓梯7分鐘可消耗2粒咖喱魚蛋的熱量。

7 minutes of stair climbing can burn the calories of 2 curry fish balls.

每日上樓梯5分鐘，一年便可減2磅。

By climbing stairs for 5 minutes each day, you can lose 2 pounds a year.

上樓梯比步行消耗多2倍熱量。

Stair climbing burns 2 times more calories than walking.

上樓梯比乘升降機消耗多3倍熱量。

Stair climbing burns 3 times more calories than taking a lift.



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Joyful@Healthy Workplace Website

www.joyfulhealthyworkplace.hk

* 所消耗的熱量以60公斤體重為基準計出。

* The amount of calories burnt is calculated using a body weight of 60 kg.

2019年10月製作
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急步上樓梯6分鐘可消耗1件蝦餃的熱量。

6 minutes of brisk stair climbing can burn the calories of 1 steamed fresh prawn dumpling.

急步上樓梯9分鐘可消耗1包菊花茶的熱量。

9 minutes of brisk stair climbing can burn the calories of 1 tetrapak carton of chrysanthemum tea.

急步上樓梯7分鐘可
消耗半杯凍檸檬茶的熱量。

7 minutes of brisk stair climbing can burn the calories of half a glass of iced lemon tea.

急步上樓梯12分鐘可消耗1隻炸雞翼的熱量。

12 minutes of brisk stair climbing can burn the calories of 1 fried chicken wing.

急步上樓梯4分鐘可
消耗1條迷你型牛奶
朱古力棒的熱量。

4 minutes of brisk stair climbing can burn the calories of 1 mini milk chocolate bar.



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