What is calorie density?
The traffic lights are based on something called calorie density. Calorie density is not a simple calorie count. It has to do with how many calories are in a food by volume (calories/100 grams). In other words, it is how densely packed the calories are in a given food. Foods higher in calorie density (red light foods) contain more calories than those lower in calorie density (green light foods).

What does calorie density mean for me?
Foods lower in calorie density (green light foods) allow you to eat more and feel full on fewer calories! That’s what the traffic lights do for you. Follow green to a leaner you.

Even Santa is eating green this year!
Green light, that is! Most people tend to pack on the pounds over the holidays by eating too many red light foods. Give yourself the gift of low calorie-dense green light foods over the holiday season. It’s the gift that keeps on giving. Green means eat as much as you want! Green means you can feel full on fewer calories. As Santa says, Green means Go! Go! Go!

Want some greener holiday eating tips? Go to goslh.com!
Phase 2

Burn more calories... TAKE THE STAIRS!
Small steps. Big difference.

Take the stairs. Reap the rewards.
Stairs burn calories. Stairs build strength.

In 1 minute, a 150 pound person burns 10 calories walking up stairs vs. only 2 calories riding in an elevator.
Step up to slim down.

Make it happen one step at a time.
Take the stairs.

Easy as 1, 2, 3!
1. Take the stairs.
2. Burn calories.
3. Lose weight.

One step further each day. It's that easy.
Take the stairs.

NO WAITING 1 DOOR OVER
Take the stairs.

NO WAITING BEHIND YOU
Take the stairs.

Now that you've refueled. Take the stairs!

Even small amounts of physical activity can help you tip the balance in your favor.
Take the stairs!

Remember your energy balance!

In 1 minute, a 150 pound person burns 10 calories walking up stairs vs. only 2 calories riding in an elevator.
Step up to slim down.

10 flights of stairs per day = 10,000 calories per year.
Take 10 today!

Small steps. Big difference.

For more information, go to goslh.com.

NO WAITING 1 DOOR OVER
Take the stairs.

NO WAITING BEHIND YOU
Take the stairs.
Phase 3

Build muscle & relationships. Take the stairs with your friends.

The Stairs...Small Steps. Big Difference.
For more information, go to goslh.com.

You are not alone!

Did you know that 77% of St. Luke's employees want to exercise more?

Support Others. Support Yourself.
For information on fitness facilities, visit the GET FIT tab at goslh.com.

Want to exercise more than you do? Look around you. Three out of four of your co-workers want to do the same. The beauty is that you can help each other. Reach out and make exercise plans together. Your friends play a huge role in determining your weight loss (or gain)! Just get active together. Walk, run, hike, bike, camp, swim, ski, skate, play, compete, dance. Anything goes! Just Get Active!

Start now by grabbing a St. Luke's Walking Route Map and a friend...

Walking at St. Luke's

The Great Outdoors

Starting point: SLH Main Entrance

1 Lap = 3380 steps 5 Laps = 3.5 miles
30 calories 350 calories

Indoor walking route tear-off pad here.
The Big Easy on the front.
The Little Easy on the back.

Outdoor walking route tear-off pad here.
The Great Outdoors on the front.
The Mini Outdoors on the back.

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