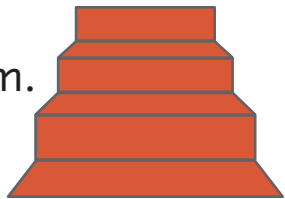


To get to the second floor of the Design Center, there are 25 steps and two elevators.



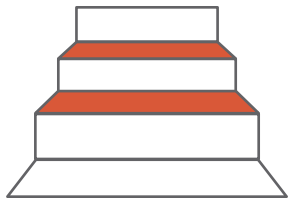
Basic Stair Terminology

Stair: A set of steps. Stair can also be plural. We have them in the Design Center. They are located across from the elevators in a flourescently lit bank. You should use them.



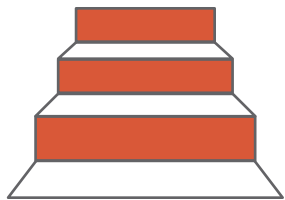
Basic Stair Terminology

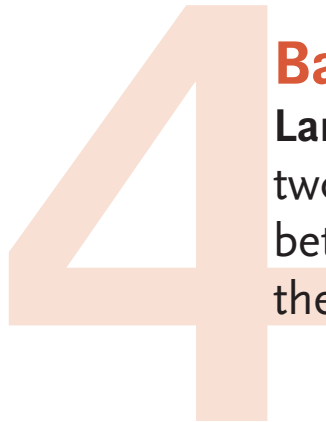
Tread: The part of the stair that you step on.
The treads leading up to the second floor are concrete.



Basic Stair Terminology

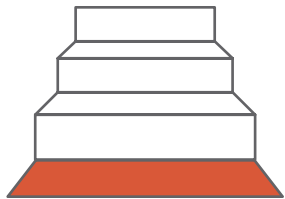
Riser: The vertical part of the step that keeps the whole ordeal from being just a flat surface. The risers leading up to the second floor are red. They are also closed—that is, you can't see through them to the bottom of the stairwell.





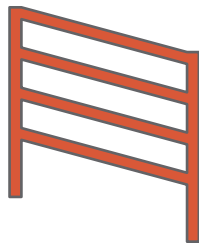
Basic Stair Terminology

Landing: The horizontal area between the two sets of stairs. There is one landing between each set of stairs leading up to the second floor of the Design Center.



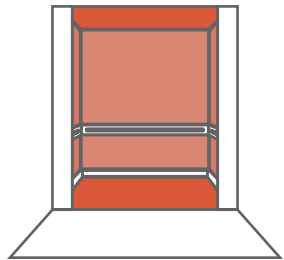
5 Basic Stair Terminology

Handrail: What you hold onto as you ascend or descend the staircase. The handrail leading up to the second floor of the Design Center is red-painted metal.



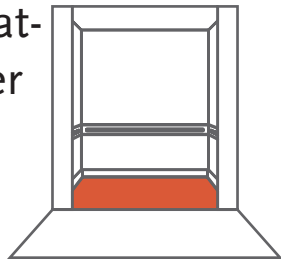
Basic Elevator Terminology

Cab: The room part of the elevator. One Design Center cab has a metal interior, another is painted and white. Both cabs are ornamented with a healthy amount of graffiti.



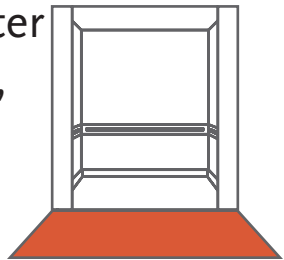
Basic Elevator Terminology

Platform: The part of the elevator that you stand on as you ride up and down. The platforms of the elevators in the Design Center are made of linoleum.



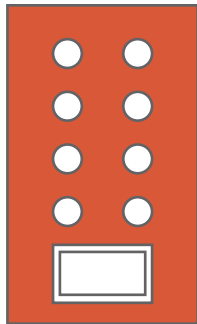
8 Basic Elevator Terminology

Landing: Each floor where the elevator will open. On the first floor of the Design Center and the second floor of the Design Center, there are elevator landings.



Basic Elevator Terminology

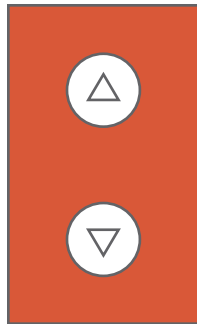
Push Button Station: The decorative part of the elevator where the buttons sit. The Design Center elevators go to the eighth floor, and the buttons reflect that.

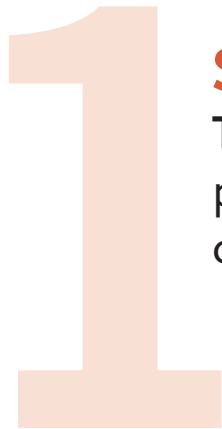


10

Basic Elevator Terminology

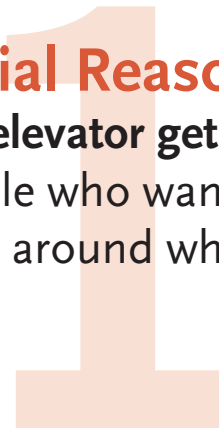
Call Station: Where you press the button and wait for the elevator. The call station on the first floor is decorated with posters and flyers.



A large, stylized number '1' in a light orange color, positioned on the left side of the slide.

Social Reasons to Take the Stairs

The elevator gets crowded: There are a lot of people who want to take the elevator, especially around when classes start and end.

A second large, stylized number '1' in a light orange color, positioned behind the text on the left side of the slide.

1

Social Reasons to Take the Stairs

It's quicker: Why push the button, wait, and then make everyone else wait as you exit the elevator when you can walk just 25 steps?

2

1

Social Reasons to Take the Stairs

Shame: Invariably, if you take the elevator one floor, at least two elevator passengers travelling to higher floors will glare at the back of your head as you leave.

1 Social Reasons to Take the Stairs

Quiet: If you take the stairs, you are not obligated to make uncomfortable elevator conversation with people you don't really know well.

1

Social Reasons to Take the Stairs

Chicken scratches: If you take the stairs, you don't have to admire the same lude and grammatically incorrect wall doodles over and over again.

10

Health Reasons to Take the Stairs

It gets you moving: If you are sitting in studio all day, it's an opportunity to not be as sedentary. A sedentary lifestyle has been shown to lead to numerous health problems.

1

Health Reasons to Take the Stairs

It's relatively low impact: Walking up stairs is markedly easier on your knees and feet than running.

10

Health Reasons to Take the Stairs

It's drastically more activity: Climbing the stairs burns five times as many calories as riding the elevator.

1

Health Reasons to Take the Stairs

It's a better workout: The verticality of the stairs makes it more challenging than working out on a flat surface.



Health Reasons to Take the Stairs

It could help alleviate stress: Stair climbing releases endorphins, which help calm stress.



Health Reasons to Take the Stairs

Even walking down stairs is healthy: Going down the stairs has been shown to improve balance and work different muscles than going up the stairs or standing in the elevator.

A large, light orange number '22' is positioned in the background, partially overlapping the text.

Health Reasons to Take the Stairs

It's cumulative: Numerous studies have shown that short bouts of exercise throughout the day add up quickly.



Elevators and the Environment

It's (sort of) greener to take the stairs: While forgoing riding up one floor won't make a huge impact, each additional passenger that rides in an elevator means extra energy expenditure.

Location Specific Decoration

Stairs: The second floor stairs have a high density of flyers which change relatively frequently. Right now this landing houses an inexplicable grid of radial black and white gradients on printer paper.

Location Specific Decoration

Elevators: The first and second floor elevator landings are surrounded by flyers for various events. The first floor has a higher density of flyers than the second floor. Not all of these flyers are entirely current.