

Press release

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Costing the Earth: The Revenge of the Stairs

Dr William Bird interviewed on BBC Radio 4

New York City's bosses have declared stair-climbing as a key to their citizens' survival. In fact, they've sent 'Active Design Guidelines' to architects and city planners, pushing them to build more exercise into their grand plans. While in the UK the emphasis is more on parks and green spaces and the relationship they have to our health and well being.

Listen again to the report [here](#)