

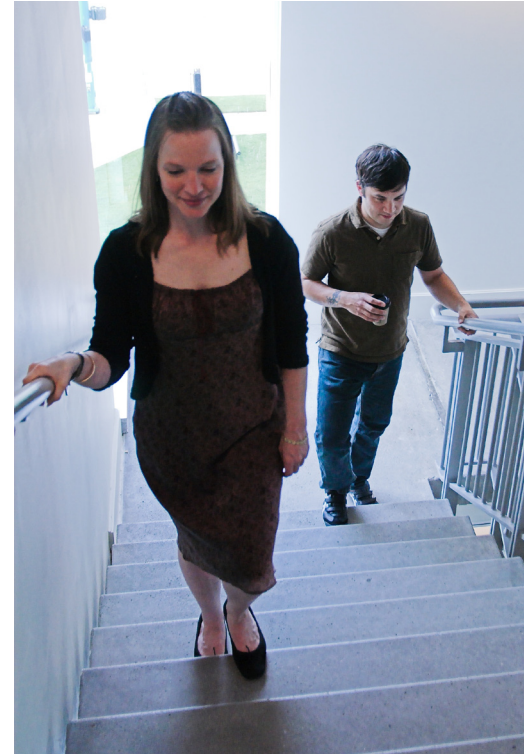


Stairway to Health

Taking the stairs is a simple way to increase the amount of physical activity you get during the day. Using the stairs doesn't require money, workout gear, or time. If you work in a building with a few floors, consider using the stairs instead of the elevator every time. If you work in a skyscraper, try using the stairs to move to the floors above and below you.

Here are some tips you can use to "challenge" yourself to use the stairs everyday.

- Take the stairs if you are traveling three floors or less.
- Every time you need to use the restroom, take the stairs to another floor.
- Get off the elevator one or two floors before your destination and take the stairs.



Did you know...?

You burn about 10 calories climbing the stairs for 1 minute vs. 1.5 calories waiting on or for an elevator.

Do you want to see how high you climb by taking the stairs everyday?

Write down the number of steps there are in the staircase at work: _____

Track how many times you go up and down the stairs, and multiply that number by the number of steps there are in the staircase. Use the landmarks below as a guide for how high you climb.

Landmark	Number of Steps
Hammering Man (SAM)	67
Statue of Liberty	427
Washington Monument	777
Space Needle	848
Washington Mutual Tower	1081
Eiffel Tower	1378
Chrysler Building	1464
Empire State Building	1750
Sears Tower	2035
Mt. Si	5834
Mt. St. Helens	11710
Mt. Rainier	20174
Mt. Everest	40649