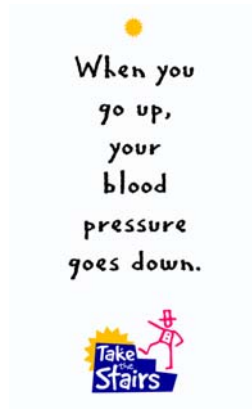


Try the Stairs!

Why should you try taking the stairs at work?

- 🍎 Using the stairs can burn twice as many calories as walking and increase your aerobic capacity.
- 🍎 Taking the stairs, even for a few flights, is often quicker than waiting for an elevator.
- 🍎 Canada's Physical Activity Guide recommends Canadians accumulate 30-60 minutes of moderate daily physical activity
- 🍎 Climbing just two flights of stairs everyday could result a loss of 2.7kg or 6lbs per year. Six flights a day could help you trim nearly 18 lbs.
- 🍎 Adding stairs to your day can add years to your life. Studies show that risk of cardiovascular disease and death is lower among regular Stair climbers.
- 🍎 In one minute, a 150 pound person burns approximately 10 calories walking up stairs, while riding an elevator only burns approximately 1.5 calories.
- 🍎 Using the stairs requires no special skill, equipment or clothing.
- 🍎 Climbing the stairs at work is a healthy way to cope with job related stress.
- 🍎 Stair climbing is a 'green' activity; the only energy source used is what is stored in our bodies... So stairs are good for you and our environment!
- 🍎 Stair climbing can increase bone density, help prevent osteoporosis and reduce blood pressure.

If your office is located on a high floor in the Halifax Infirmery, Centennial Building or the Bethune try taking the stairs **down** before attempting **up**. Take the elevator two or three flights below your floor and walk the rest of the way up.



Stair safety

- Take your time and watch your “step”. Climb two flights per day to begin your new regime and steadily increase the number of flights you climb.
- Please use caution if you choose to climb in your high heels or other non-flat soled footwear.
- Breathe: stair climbing uses large lower body muscle groups and is a great cardiovascular workout. Steady breathing during your climb provides oxygen to your muscles fuelling them continue.
- Use of the stairs at CDHA facilities is at your own risk. Before starting any fitness program, please contact your health care provider. If a health care provider has stated you should avoid exertion or exercise please do not go against their orders.

See you on the stairs!



Health Santé
Canada Canada

<http://www.phac-aspc.gc.ca/sth-evs/english/posters-eng.php>

Fun Stairs- http://www.youtube.com/watch?v=2lXh2n0aPyw&feature=player_embedded