

## Fitness facts of stair walking:

If you like to be convinced by scientific proof before you change from taking the lift to walking the stairs, here are some hard facts

- 6 min of stair walk a day over 8 weeks improves your endurance capacity by 10-15%(1)
- You can burn 6 times more calories if you choose the stairs instead of the lift
- In 2 months your fitness level will increase and your body weight may decrease, together reducing your risk of premature death by up to 20% (2)
- You can reach 80-90% of your maximal heart rate and oxygen uptake after climbing stairs for 2 minutes
- Stair walking is as effective as jogging in improving your strength and endurance capacity
- Stair walking is an excellent contributor to reaching your "30 min a day"-exercise.

### Potential training benefits

- increased maximal oxygen uptake and endurance capacity
- Improved regulation of blood sugar
- Lower resting blood pressure

Benefits are highest for those who are inactive and sedentary!

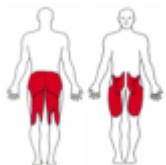
### The Aker Care stair challenge:

***Walk 100 stairs (up and down) 3 times a day for the next 8 weeks!***

Muscles trained: Buttocks, hamstrings and quadriceps

Outcomes: Energy expenditure per 100 stairs (up 15kcal, down 5kcal) = 20kcal

Calories burned = 60 kcal per day = 300 kcal per work week



- (1) [J Sports Sci Med.](#) 2007 Dec 1;6(4):448-54, [Br J Sports Med.](#) 2005 Sep;39(9):590-3  
(2) [CMAJ](#) 2006, March;174(6):801-809