

Healthy Measures: Step Up for Your Health!

Most Canadians are so busy that fitting physical activity into their hectic schedules is a challenge. [*Canada's Physical Activity Guide to Health Active Living*](#) recommends Canadians to accumulate 30 to 60 minutes of moderate physical activity daily. Stair climbing is one way to become active and it requires no special skill, equipment or clothing. It is a "green" activity; the only energy source used, is what is stored in our bodies. It is good for you and the environment!

There are many health and fitness benefits to stair use:

- Climbing the stairs can contribute to the 30 to 60 minutes of daily physical activity which everyone needs
- Walking up the stairs burns almost five times more calories than riding an elevator
- Two flights of stairs climbed per day can lead to a 2.7 kg (6 lb.) weight loss over a year
- Stair climbing can improve the amount of "good cholesterol" in the blood
- Adding stair climbing to your day can add years to your life. Research studies show the risk of cardiovascular disease and death is lower among regular stair climbers
- Regular stair users have greater leg strength and aerobic capacity than non-climbers

Taking the stairs is a great way to burn calories, improve health and increase your level of physical activity. So step up for your health!

For more information:

[*Canada's Physical Activity Guide to Health Active Living*](#)

Do you have questions on nutrition and healthy eating? Contact *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.

Healthy Measures: Eat Well, Be Active and Be Yourself!

