

## Top 10 Reasons To Take The Stairs

1. It's a free workout!
2. Burns TEN TIMES more calories than taking the elevator. Stair climbing requires about 8-11 kcal of energy per minute. Even 2 flights of stairs climbed per day can lead to a 5.94 lb. weight loss over one year.
3. It can be faster than taking the elevator!
4. Improves your heart health. Physical activity can increase the amount of "good cholesterol" in the blood—(HDL concentrations).
5. Reduces the risk of osteoporosis. There is a strong association between exercise and increased bone density, especially in post-menopausal women.
6. Helps you to breathe better, be more FIT, and have a high aerobic capacity.
7. Lowers your mortality risk. A significantly lower risk of mortality is indicated in studies where participants climbed more than 55 flights per week.
8. Boosts your confidence.
9. Increases leg power and reduces the risk of injury.
10. Relieves stress and tension.

*Be Fit to Be 'ne' Fit: A New York-Presbyterian Hospital & Columbia University Medical Center Initiative 2005*

# STEP UP To Better Health... TAKE THE STAIRS!

## Step To It!

Given all our modern conveniences including cars, elevators, escalators, and computers, it is easy to go through an entire day without getting much physical activity. Activities that you can fit into your daily routine—like choosing the stairs instead of the elevator—are increasingly being urged by public health experts who point to mounting evidence that small amounts of exercise accumulated throughout the day can provide significant health benefits.

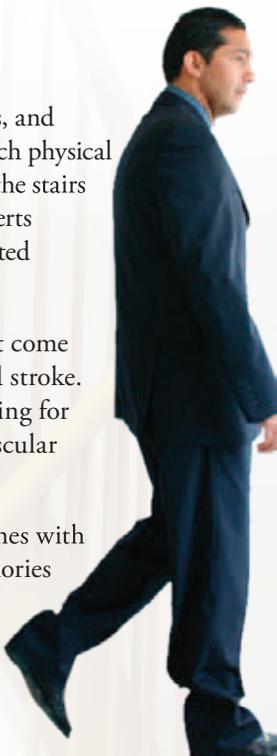
Taking the stairs is an excellent way to prevent the health problems that come with inactivity including obesity, high blood pressure, heart disease and stroke. Athletes have been running up and down stadium steps as part of training for years. Taking the stairs is a great way to get in shape, improve cardiovascular function, and strengthen and tone the leg muscles.

Stair climbing is also a great way to fight the weight gain that often comes with the holiday season and winter months. Taking the stairs burns more calories per minute than most other forms of physical activity. The average man will use about 150 calories in 10 minutes of stair climbing, or about the amount used in a 20-minute brisk walk. Women will use slightly fewer calories.

Stair climbing is quite strenuous. When you start taking the stairs, begin slowly and take one flight at a time. Gradually increase the number of stairs you do. The more you go up and down the stairs, the stronger you'll become and the easier it will be. Be aware that you may not want to take the stairs if you have knee problems, arthritis, or a heart or lung condition.

So don't wait for the elevator next time.  
Take the stairs!

[http://www.bethesda.med.navy.mil/HP/Articles/Step\\_To\\_It.aspx](http://www.bethesda.med.navy.mil/HP/Articles/Step_To_It.aspx)



**Stair walking  
burns 150  
calories in only  
10 minutes**





# SELF-CARE [BLISTERS]

BY MARY CALVAGNA, MS

## Definition

A blister is a fluid-filled bump on the skin.

## Causes

Causes of blisters include:

- ☒ Friction or constant pressure, such as from wearing a tight-fitting shoe or gripping a tool
- ☒ Second-degree burns, including sunburn
- ☒ Viral infections, such as chickenpox or shingles
- ☒ Contact dermatitis, such as poison ivy or oak
- ☒ Allergic reactions, drug reactions, certain cancers, and inflammatory conditions

## Risk Factors

Risk factors include:

- ☒ Wearing ill-fitting shoes
- ☒ Repetitive working with hand tools
- ☒ Getting a sunburn

## Symptoms

Symptoms may include:

- ☒ Fluid-filled bump on the skin, which is often round
- ☒ Fluid is usually clear, but may be bloody

## Diagnosis

You can diagnose the presence of a blister by its appearance and by the activity you were doing when it appeared. Seek medical attention if the blister is unusually painful, appears infected, or is associated with a burn.

## Treatment

A blister will often heal without treatment. Some general tips for treatment include:

- ☒ **Do not pop or lance the blister.** Opening the blister increases the chance of infection and delays healing. In the case of poison ivy or a viral infection, do not scratch the blister. If necessary call your doctor for medicine to relieve any itching or discomfort.
- ☒ **Wash the area with soap and water.** If the blister is closed, wash the area with soap and water and apply a bandage to help protect it. If the blister is open, wash the area, apply an antibiotic ointment, and then cover with a sterile dressing or bandage.
- ☒ **Protect the area.** Be gentle with the injured area. To prevent further injury, put a bandage over the affected area. The blister should begin to shrink in about seven days.
- ☒ **Know when to see your doctor.** A blister usually heals by itself. See your doctor if:
  - ☞ The blister is unusually large (e.g., bigger than a nickel)
  - ☞ The blister is in a critical area, such as on the face or the groin
  - ☞ The blister is associated with a burn
  - ☞ There are signs of infection, such as increasing redness around the blister, red streaks, severe swelling, pus drainage, fever, or an increase in pain

## Prevention

To help prevent blisters:

- ☒ Wear shoes that fit properly.
- ☒ Always wear socks with your shoes.
- ☒ Use gloves or protective padding when working with tools.
- ☒ Wear a hat, protective clothing, and sunscreen when out in the sun.

[www.healthfinder.gov](http://www.healthfinder.gov)

## 3 Steps To A Perfect Fit

Buying a pair of shoes should be an educated endeavor, not something that you leave to the luck of the draw. When purchasing tennis shoes, keep the following things in mind:

1. Buy shoes after you've played tennis or late in the afternoon (feet typically swell 5 to 10 percent after exercise or by the end of the day). And be sure to bring the same kind of socks you wear so that you can accurately gauge what size shoe you need.
2. If the salesperson or shopkeeper doesn't measure each part of both feet, he or she isn't fitting your shoes properly. Be sure that the length and width of each foot are measured before you buy anything. It's not uncommon for people to have one foot that's larger than the other. If that's the case, buy a pair of shoes to fit the larger foot.
3. Bring your old shoes. The wear on your used pair will help a smart fitter determine how much support, cushioning, and durability you need. The salesperson may also ask you what shoes you've worn comfortably in the past.

<http://www.tennis.com/yourgame/gear/general/general.aspx?id=893>



Wellness Council of America  
9802 Nicholas Street, Ste. 315 | Omaha, NE 68114  
Phone: 402.827.3590 | Fax: 402.827.3594  
[www.welcoa.org](http://www.welcoa.org)