



# 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 a whole 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!

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

## 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 postmenopausal 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.





# THE Fit5

By Mike Perko, PhD

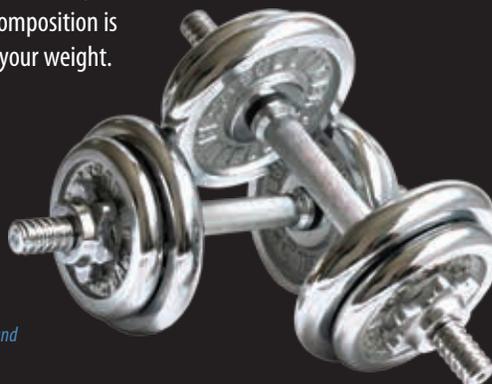
What does it mean to be physically "fit?" Being fit is defined only by what kind of activity you do, how long you do it, or at what level of intensity. In other words, it is more than being able to run a long distance or lift a lot of weight.

Overall fitness is made up of five components:

- **Cardiorespiratory Endurance**
- **Muscular Strength**
- **Muscular Endurance**
- **Body Composition**
- **Flexibility**

To assess your total fitness, look at all five components together:

- 1 Cardiorespiratory Endurance**  
Cardiorespiratory endurance is the ability of the blood, heart, and lungs to supply fuel during sustained physical activity. To improve your cardiorespiratory endurance, try activities that keep your heart rate elevated at a safe level for a sustained length of time like walking, swimming, or bicycling. Start slowly and gradually work up to a more intense pace.
- 2 Muscular Strength**  
Muscular strength is the ability of the muscle to exert force. Make your muscles stronger by working them against resistance, such as weights or gravity. Exercises such as lifting weights or taking stairs are great.
- 3 Muscular Endurance**  
Muscular endurance is the ability of the muscle to continue to perform without fatigue. Try activities such as walking, jogging, bicycling, or dancing.
- 4 Body Composition**  
Body composition refers to the relative amount of muscle, fat, bone, and other parts of the body. Body composition is important to consider for health and managing your weight.
- 5 Flexibility**  
Flexibility is range of motion around a joint. Flexibility in the joints helps prevent injuries through all stages of life. Want to improve your flexibility? Try activities that lengthen muscles like swimming.



SOURCE: U.S. Department of Health and Human Services. *Physical activity and health: a report of the Surgeon General.*

## The World's Fittest Man

Meet Joe Decker, the Guinness Book of World Records' "World's Fittest Man." Once an overweight kid who actually flunked his Army physical-training entrance exam, you might say Joe has slightly redeemed himself. In December of 2000, over a 24-hour time period, Joe got in a little workout...

- 5 Ran 10 miles
- 5 Biked another 100
- 5 Hiked 10
- 5 Power walked 5
- 5 Kayaked 6
- 5 Rowed 10
- 5 Swam 2
- 5 Skied 10 on a NordicTrack
- 5 Did 3,000 consecutive abdominal crunches
- 5 1,100 jumping jacks
- 5 1,000 leg lifts
- 5 1,100 push-ups
- 5 Lifted a cumulative 278,540 pounds



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