

Hillcrest Hospital Employees Travel the Stairway to Improved Health



Check it out! The amount of calories and fat you can burn just by simply taking the stairs.

* Even two flights of stairs climbed per day can lead to 5.9 lbs. weight loss over one year (Brownell, Stunkard, and Albaum, 1980).

Based on your weight, if you spend continuous time climbing up and down stairs, your burn approximately these many calories:

| Your Weight | 3 minutes up and 3 down | 5 minutes up and 5 down | 10 minutes up and 10 down |
|--------------------|---|--|--|
| 125 lbs | 37 calories & .01lbs of fat | 62 calories & .02 lbs of fat | 125 calories & .04 lbs of fat |
| 150 lbs | 45 calories & .01lbs of fat | 75 calories & .02lbs of fat | 150 calories & .04 lbs of fat |
| 175 lbs | 52 calories & .01lbs of fat | 87 calories & .03lbs of fat | 175 calories & .05 lbs of fat |
| 200 lbs | 60 calories & .02 lbs of fat | 100 calories & .03 lbs of fat | 200 calories & .06 lbs of fat |
| 250lbs | 75 calories & .02 lbs of fat | 125 calories & .04 lbs of fat | 250 calories & .07 lbs of fat |

Source: (<http://stairway.hc-sc.gc.ca/calcalc.aro>)

Promoted by the Hillcrest Wellness Committee