



STEP IT UP

Health Advantages: Benefits of Stair Climbing

Climbing stairs is not only a great workout, but has been proven to reduce risk for heart disease by lowering blood pressure, reducing cholesterol levels, and improving overall fitness. Because it involves both cardio and muscle strengthening, you get two workouts with only one exercise.

Plus, stairs are already available to us—at home, at work, and many places in between—for free! Here are some health advantages when stair climbing.

<p>Cardio Activities (Aerobic)</p> <p>Benefit: Reduces the risk of chronic diseases such as heart disease, high blood pressure, stroke, and diabetes</p>	<p>Stair climbing strengthens your heart and your lungs. Stronger lungs allow your body to take in more oxygen. A stronger heart can refuel your working muscles more quickly with oxygen rich blood. If done regularly, stair climbing increases heart and lung function, therefore improving your overall endurance.</p>
<p>Resistance Activities (Muscle Strengthening)</p> <p>Benefit: Builds muscle strength and tone. Shown to build bone density and reduces chance of fractures in adults. Can raise metabolic rate which helps with body weight.</p>	<p>Stair climbing creates lean, strong leg muscles because you use all your leg muscles including glutes, hamstrings, quadriceps and calves. As your muscles get stronger, you burn more calories.</p>
<p>Mental Health & Wellness</p>	<p>Every time you climb a flight of stairs, your body releases chemical endorphins which make you feel happy and calm. Over time, your focus and concentration will improve, and you will feel less stressed out.</p>
<p>Overall Health & Well-being</p>	<p>The healthier your body, the stronger your immune system becomes. The immune system can more effectively combat any threats to the body, such as the common cold. Additionally, it reduces the likelihood of developing chronic health problems such as Type 2 diabetes and high blood pressure.</p>

Sources: Physical Activity Guidelines for Americans <http://www.health.gov/paguidelines>, eMedicineHealth http://www.emedicinehealth.com/strength_training/page4_em.htm, American Heart Association <http://circ.ahajournals.org/content/107/1/e2.full>, What Are the Health Benefits of Walking Up Stairs? <http://healthyliving.azcentral.com/health-benefits-walking-up-stairs-8315.html>, LiveStrong: <http://www.livestrong.com/article/22267-benefits-stair-climbers/#ixzz2fTGf4rDD>; <http://www.livestrong.com/article/371245-does-stair-climbing-build-muscle/>, StairMaster: <http://stairmaster.com/benefits-of-climbing/benefits-of-stairclimbing/>, Physical Activity Guidelines for Americans <http://www.health.gov/paguidelines>, eMedicineHealth http://www.emedicinehealth.com/strength_training/page4_em.htm, American Heart Association <http://circ.ahajournals.org/content/107/1/e2.full>

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