

STAIRWAYS TO YOUR GOAL

Last time, you found out how you could use your commute to burn more calories. Adding more movement to your commute has an added benefit of giving you lots of energy, just in time for work! In this lesson, you'll see how you can keep up the good work by taking the stairs throughout the day.

Taking the elevator is easier, but the stairs can help you stay fit. **The stairs are a better option for your health and waistline.** You may not be able to take them in every skyscraper, but you can make an effort to avoid the elevator.

USE THESE TECHNIQUES TO ADD THE STAIRS TO YOUR DAILY ROUTINES:

1. **Choose the stairs.** Unless you're carrying a giant pile of papers or other heavy items that make walking difficult, the stairs are a more effective choice if you want to burn maximum calories.
 - **Each stair you climb burns 0.17 calories going up. You can burn 0.05 calories going down.** The calorie amounts may not seem large at first, but they quickly add up if you climb several stories at a time, and do it more than once a day.
2. **Consider a strategy for tall buildings.** If you work in a skyscraper, for example, it may not be possible for you to take the stairs all the way to your office. You'll get sweaty and tired before you even reach your desk. So let's look at a plan to tackle this dilemma.
 - Consider taking the elevator to a floor that is maybe one to three levels below your office. Then, take the stairs those last levels. This way, you'll be able to get

some exercise without being exhausted.

- **Start small with only what you can handle well, such as one floor.** Over time, as you become fitter, you can add a level or two.
3. **Have a stairs buddy.** Some office stairwells are dark, lonely, and miserable. They can also be scary and dangerous if you're alone. If you have a friend take the stairs with you, you'll avoid these issues.
- You can also encourage each other to keep going as you climb the stairs.

When you have the choice, pick the stairs. Your body and mind will thank you. In addition, you'll be getting some exercise and burning more calories without rearranging your entire day.

Another common challenge to burning calories at work is needing to be at your desk for much, or all, of your workday. You may wonder how you can burn calories if you have to sit there all day! See the next lesson for strategies on burning calories at your desk.

HERE'S WHAT YOU NEED TO DO TODAY:

Do you encounter multi-story buildings during your workday? Make a plan for how you can take the stairs more often.