

### Climb Toward Better Health

Have you climbed a flight of stairs lately? This can be humbling, even for those who walk and exercise regularly. If you are panting after climbing a flight or two of stairs, consider adding a daily climb to your routine.

Stair climbing adds a vertical element that engages your lower body muscles, including your quads, hamstrings, and glutes. Many activities will get your heart rate up, such as swimming, walking, and biking, but they don't have this vertical element.

Stair climbing also provides a workout for your heart, and it burns calories at a faster rate. Just a few minutes of stair climbing a day, at any pace, can boost your health. You can do it just about anywhere. It's free, and there is no need to worry about the weather.

You can even save time by taking the stairs. A study involving a group of hospital workers found they saved up to 15 minutes per day taking the stairs instead of waiting for an elevator.

So take the challenge and this week STEP IT UP! Take the stairs every chance you get when you are going up or down three floors or less.