

# Take the Stairway to Health



## What is Stairway to Health?

**Stairway to Health** is an interactive web-based resource designed to increase physical activity in the workplace through taking the stairs rather than elevators. It was developed in partnership by Health Canada and the Canadian Council for Health and Active Living at Work.

**Stairway to Health** will help workplace coordinators develop, manage and promote their own in-house stairway initiative. The website and interactive tools are available free of charge — all you need to do is register!

## Why Implement Stairway to Health in Your Workplace?

Physical inactivity is hazardous to your health! It increases the risk of chronic disease, disability and premature death. Almost two-thirds of Canadians are not active enough for optimal health benefits. Over 15 million Canadians spend half of their waking hours at work and workplaces have an important role to play in helping employees act on their intentions to become more active. Activities like taking the stairs can make a significant contribution towards the 30–60 minutes of moderate daily physical activity recommended by *Canada's Physical Activity Guide*.

- Stair climbing is easy to do in most workplaces. It requires no special equipment to participate.
- Physical activity doesn't have to be very hard to be beneficial. Taking the stairs is one way to build physical activity into your daily routine.
- All else being equal, two flights of stairs climbed per day can lead to a negative energy balance (weight loss) of 2.7 kg over one year.
- Stair climbing is an activity which most people feel very confident doing.
- Taking the stairs is often faster than waiting for the elevator and a great way to re-energize throughout the day.

## Getting Started

The **Stairway to Health** website has all the tools you need to start or expand stair use in your workplace. Here are just some of the things you will find:

- Opportunities to climb virtual mountains and famous buildings.
- Downloadable point of choice posters to encourage stair use.
- Fact sheets and Powerpoint presentations to help convince to your employer or property manager to support a **Stairway to Health** Program.
- Administrative areas to select challenges, create newsletters and manage your participant data.
- Stairway success stories from other workplaces.
- Evidence-based research on the benefits of stair climbing.
- Information on planning events, increasing stair use, design considerations, safety, hiring students, posting signage and much, much more.

## Registering is easy and free!

Visit **Stairway to Health** today at

[www.healthcanada.ca/stairwaytohealth](http://www.healthcanada.ca/stairwaytohealth)



Canadian Council  
for Health and  
Active Living at Work

Le Conseil canadien  
de la santé et de la  
vie active au travail



Health Canada  
Santé Canada

The Business Case  
for Active Living

[www.activelivingatwork.com](http://www.activelivingatwork.com)

