

Firm those thighs no matter where you are

All too often, the stairs are viewed as something you use in case of an emergency or if the elevators are broken. However, the stairs can be much more than that. I recently spoke with a translator that works at a hospital. His job is to go wherever he is needed in the hospital to translate various languages to English to help staff communicate with patients. He looks very fit. He says he always takes the stairs. One day he wore a pedometer and found that he walks 7 to 8 miles a day at work and part of that is the stairs.

Those stairs are usually located right near the elevators somewhere. You can add a workout in at work without having to take any more time in the evening to get those additional benefits.

You have to just tell yourself that you are no longer going to take the elevator and force yourself to head for those stairs. By the time you wait for the elevator, it isn't much faster than the stairs.

On your lunch break, take a hike from the basement to the top before you grab your lunch. Then do it again on your break or just before heading home. This keeps up your metabolism all day and firms up those thighs. The benefits may be worth the hassles.

Did you know:

- A man burns about 150 calories in 10 minutes of stairs which is equivalent to 20 minutes of brisk walking.
- Bone density is significantly better in post menopausal women who climb stairs.
- Improved levels of “good cholesterol” have been associated with stair climbing.

The first week I started taking the stairs it was really difficult. I felt worn out doing the stairs in addition to my nursing activities. By the second week, it was easier. It actually helped wake me up during the day instead of fading after lunch. The third week, I started to see results.

At first, I started out slow with only a few flights of stairs a day to build my strength. My hospital has 10 flights of stairs from the basement up. My minimal goal is to fit in 2 sets or 20 flights a day and more if possible. To prevent injury, I make sure to stretch at night before going to sleep. I skip a day if my knee starts to hurt (stairs are not recommended for those with knee problems) and I take the stairs down as well as up to work out opposing muscles. When I am sitting, I do foot flexes to strengthen the front of my calf and prevent shin splints. Another exercise I do when sitting at work is to extend and bend my knee to keep those muscles around the knees good and strong.

More and more experts are collecting evidence to support the benefits of an accumulation of small amounts of exercise throughout the day. Stairs improve your cardiovascular system as well as strengthen and tone. The best part is that stairs are in just about every hospital.

Bibliography

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