Escape the Elevator Challenge

Earn 10 Be Well UC Points!
Everyone is always looking for an easy and simple way to get moving throughout the day. Taking the stairs is perfect! Whether you are going to work or just going up the second floor at the mall, you can improve your health while doing one simple task.

How is the stairs better for your health?

| Can improve the amount of “good cholesterol” in your blood. |
| Reduces risk of heart disease, stroke, cancer, obesity, and type 2 diabetes. Studies show that stair climbing raises your heart rate which then helps protect against blood pressure, weight gain, and clogged arteries. |
| Improve bone strength, density, and muscle tones. |
| Fights stress. Causes our bodies to release endorphins that make us feel better when stressed. |

For more information check out https://www.stepjockey.com/health-benefits-of-stair-climbing

How it works

- For 3 weeks, track how many times you took the stairs rather than the elevator.
- After each week, reflect on if you think taking the stairs has made any improvements on your health.
- Once you have completed your tracking chart, submit it to wellness@uc.edu or ML0039 for your 10 Be Well UC Points!
# Escape the Elevator Tracking Sheet

**Week 1**
How many flights of stairs did you climb today?

**Week 2**
How many flights of stairs did you climb today?

**Week 3**
How many flights of stairs did you climb today?

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Write a short reflection & don’t forget to send it in to wellness@uc.edu or ML0039!

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Take the stairs up!  
- 0.17 cal per step up  
- 2.21 cal per flight  
- 4.42 cal per story  

Take the stairs down!  
- 0.05 cal per step down  
- 0.65 cal per flight  
- 1.3 cal per story

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**Take the stairs up!**  
**Burn calories going up or down!**