

Use the stairs

Using the stairs instead of the lift is an economical way of getting a little exercise, and it is a good way to lose any extra weight you may be carrying. This easy exercise that you can do anywhere there are stairs, has advantages both for those who take the stairs and for the environment.

Keep in shape!

Here are some of the benefits of using the stairs and some of the things to watch out for.

Benefits

✓ Using the stairs correctly not only helps burn off calories, it also strengthens your legs.

✓ When you are going up stairs you are working the muscles in your buttocks, thighs and calves. When going downstairs you are exercising your quadriceps and the muscles of your inner thighs and shins.

✓ You can take this exercise at any time and in any place without the need for any special equipment; but remember, this alternative to using the lift is only part of the exercise regime you need to stay in shape.



Things to watch out for

- ✗ Always use the handrail when going up and down stairs.
- ✗ Never run up or down stairs, and don't wear shoes with very high heels.
- ✗ Always pay special attention while using stairs.