

Stair Climbing Fun Facts

You burn approximately 19.7 calories going up 180 stairs. That's .11 calories per step!

Even two flights of stairs climbed per day can lead to a 6 lb. weight loss over one year!

Stair climbing burns about twice as many calories than any other sport or activity!

The same workout intensity of 30 minutes of running can be achieved in 15 minutes of stair climbing!

Stair climbing requires 8-11 calories of energy per minute.

2010 FIGHT FOR AIR CLIMB

801 grand power climb • des moines, iowa

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