



**Did you know? Incorporating frequent bursts of power walks and stair climbing throughout the day offers more health benefits than a single extended session.**

Harness the benefits of brief bouts of exercise throughout your day by incorporating more steps, whether through power walking or stair stepping. Walk with purpose, and whenever you see stairs, take them and add extra steps. The benefits are immense. See benefits below.

Power walking is one of the best activities for your overall health. Climbing stairs is a great form of high-intensity interval training, which improves aerobic capacity while building strength and power. Stair climbing also engages muscles in the legs, glutes, and core, promoting strength and endurance.

This dual effect of walking and stair stepping throughout the day enhances both strength and cardiovascular health, which are highly linked to longevity and quality of life. So, get in those steps and enjoy the numerous health benefits whenever you can.

It's not a formal or planned activity; it's simply about taking advantage of purposeful and mindful movement in your daily life by performing frequent power walks and steps.

**How to Power Walk:**

Whether you're on a leisurely stroll from your car or engaging in a purposeful power walk, focus on each step. Activate your glutes and employ vigorous arm swings for a more powerful stride. Remember to maintain controlled breathing through your nose and exhale through your mouth. As Hippocrates, often regarded as the father of medicine, suggested, "The best medicine is walking." Engaging in brief, regular walking sessions brings about cumulative health benefits and aids in refining your power walking technique. It could be less than a minute, but it has benefits. [See Video on Power Walking for more information.](#)

**How To Climb Stair for Fitness:**

Stair climbing is an highly effective way to boost fitness levels with minimal equipment. To climb stairs safely and effectively, use handrails for support going up and down. Maintain good posture by keeping your back straight and core engaged. Use your entire foot to push off each step, engaging leg muscles fully especially gluteals. Coordinate arm swing, with non hand rail arm, with your steps to enhance balance and intensity. Begin at a comfortable pace, gradually increasing speed to build strength and endurance. Afterward, cool down with slower walking and stretching to prevent stiffness. By incorporating stair climbing into your routine, you can enhance overall health and fitness significantly over time. See Benefits of Stair Climbing Below.

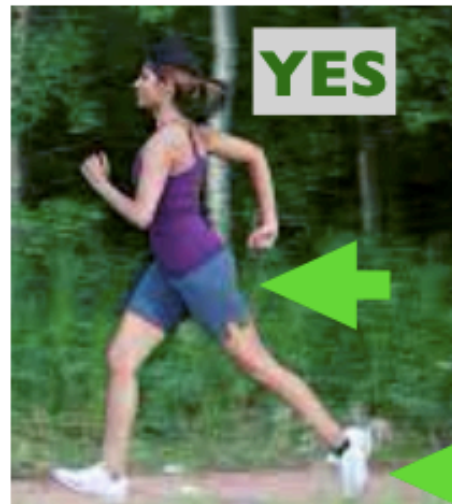
**Fitness Walking Form and Foot Strike**

Impact Toward the Heel

Make Sure the Lead Leg Knee is Bent SLIGHTLY



**Knee is Straight NO**  
**Greater Impact Force**  
**NO FORWARD LEAN OF TORSO LESS TOE OFF**



**YES**  
**Knee is Slightly Bent**  
**Less Impact Forces**  
**More Elastic Energy**  
**SLIGHT FORWARD LEAN OF TORSO ALLOWS GREATER HIP EXTENSION AND TOE OFF**  
**POWERFUL ARM MOVEMENTS**

**Power Walking Form Basics:** Leading leg contacts ground with a slightly bent knee and lands with the heel. Imagine a gliding motion, moving horizontally rather than vertically. Maintain a slight forward lean of the upper torso for greater hip extension. Achieve a strong push-off from hips to toes for triple extension: glutes/hamstrings (hip), quadriceps (knee), calf (plantar flexion). Engage glutes during the stride see Triple Extension. Lift knees just enough, unless sprinting. Use long and strong arm movements from shoulders with straight elbows, similar to cross country skiing. Retract shoulder blades and keep the head up, looking ahead. Practice controlled breathing through the nose, exhale through the mouth if possible.

**Did You Know? The Benefits of Stair Climbing and Power Walking**

**Benefits of Stair Climbing**

**Cardiovascular Boost**

**Heart Health:** Studies show that stair climbing increases heart rate and improves cardiovascular fitness. Regular stair climbing can contribute to better cholesterol levels and reduced blood pressure, enhancing overall cardiovascular health.

**Caloric Burn**

**High Calorie Burn:** Stair climbing burns more calories per minute than many other forms of exercise, such as walking, biking, or jogging. A study published in the British Journal of Sports Medicine found that vigorous stair climbing can burn around 5 calories per flight for an average weight person of 150 pounds, more than jogging or cycling at a moderate pace.

**Fitness Indicator**

**Cardiovascular Fitness Test:** Climbing four flights of stairs without stopping is a simple test of cardiovascular fitness and endurance. Researchers state that doing this in under a minute is an accurate indicator of good cardiac health.

**Metabolic Health**

**Improved Metabolism:** Short, frequent bouts of stair climbing throughout the day can boost metabolic health and increase total daily energy expenditure. Multiple short sessions are often more effective than one long session because they continuously activate metabolism.

**Diabetes Management**

**Insulin Sensitivity:** Regular stair climbing improves insulin sensitivity, helping to manage and prevent type 2 diabetes.

**Fat Burning**

**Increased Metabolic Rate:** High-intensity activities like stair climbing increase the body's metabolic rate, promoting fat burning even after the exercise session.

**Mood Enhancer**

**Mental Well-being:** Physical activities, including stair climbing, release endorphins, which improve mood and reduce stress.

**Brain Boost**

**Cognitive Function:** Exercise that increases heart rate, such as stair climbing, is linked to improved cognitive function and a reduced risk of cognitive decline with age.

**Muscle Strengthening**

**Muscle Activation:** Stair climbing activates type 2 (fast-twitch) muscle fibers, responsible for powerful, rapid movements, making it a muscle-strengthening exercise unlike other forms of cardio such as walking and running.

**Bone Density**

**Bone Health:** Weight-bearing exercises like stair climbing help maintain and improve bone density, preventing osteoporosis and fractures.

**Vigorous Activity**

**Cardiovascular and Muscular Challenge:** Stair climbing is a moderate to vigorous physical activity that challenges both cardiovascular and muscular systems.

**Equivalent to Running**

**Similar Benefits:** Climbing stairs at a moderate pace can provide cardiovascular benefits similar to moderate running, due to increased gravitational resistance and muscle engagement.

**Low Impact**

**Joint-Friendly:** Stair climbing is a high-intensity, low-impact activity compared to running, making it suitable for those avoiding joint stress.

**No Equipment Needed**

**Accessibility:** Stair climbing requires no special equipment and can be done anywhere stairs are available.

**Time-Efficient**

**Convenience:** Easily incorporated into daily routines, stair climbing increases physical activity levels without requiring dedicated workout sessions.

**Customizable Intensity**

**Adaptable Workouts:** Adjust the intensity of stair climbing by changing the pace or carrying additional weight to tailor the workout to your fitness level and goals.

**Benefits of Power Walking**

**Cardiovascular Boost**

**Heart Health:** Power walking increases heart rate and improves cardiovascular fitness. Regular power walking can contribute to better cholesterol levels, reduced blood pressure, and overall heart health.

**Caloric Burn**

**High Calorie Burn:** Power walking burns more calories than regular walking. A study published in the American Journal of Health Promotion found that brisk walking can burn around 100-300 calories per hour, depending on the individual's weight and pace.

**Fitness Indicator**

**Cardiovascular Fitness Test:** Walking briskly for a mile without stopping is a simple test of cardiovascular fitness and endurance. Achieving this in under 15 minutes is a good indicator of cardiac health.

**Metabolic Health**

**Improved Metabolism:** Regular power walking boosts metabolic health and increases daily energy expenditure. Multiple short walks throughout the day can be more effective than one long session in maintaining an active metabolism.

**Diabetes Management**

**Insulin Sensitivity:** Regular power walking improves insulin sensitivity, helping to manage and prevent type 2 diabetes.

**Fat Burning**

**Increased Metabolic Rate:** Engaging in high-intensity walking increases the body's metabolic rate, promoting fat burning even after the session ends.

**Mood Enhancer**

**Mental Well-being:** Physical activities, including power walking, release endorphins, which improve mood and reduce stress.

**Brain Boost**

**Cognitive Function:** Exercise that increases heart rate, such as power walking, is linked to improved cognitive function and a reduced risk of cognitive decline with age.

**Muscle Strengthening**

**Muscle Activation:** Power walking activates various muscle groups, including the legs, core, and arms (if using a brisk arm movement), making it a muscle-strengthening exercise.

**Bone Density**

**Bone Health:** Weight-bearing exercises like power walking help maintain and improve bone density, preventing osteoporosis and fractures.

**Vigorous Activity**

**Cardiovascular and Muscular Challenge:** Power walking is a moderate to vigorous physical activity that challenges both cardiovascular and muscular systems.

**Low Impact**

**Joint-Friendly:** Power walking is a low-impact activity compared to running, making it suitable for those avoiding joint stress.

**No Equipment Needed**

**Accessibility:** Power walking requires no special equipment and can be done anywhere, making it an easily accessible form of exercise.

**Time-Efficient**

**Convenience:** Easily incorporated into daily routines, power walking increases physical activity levels without requiring dedicated workout sessions.

**Customizable Intensity**

**Adaptable Workouts:** Adjust the intensity of power walking by changing the pace, incorporating hills, or adding intervals to tailor the workout to your fitness level and goals.

**Conclusion** Stair climbing and power walking are both versatile, accessible, and effective forms of exercise that enhance cardiovascular fitness, muscular strength, bone density, and mental well-being. Their convenience and adaptability make them excellent options for incorporating more physical activity into daily life, providing substantial health benefits. Multiple short sessions of either activity throughout the day can offer more health benefits than one long gym session.