

“Take the Stairs”

A Physical Activity Worksite Intervention



Active employees are healthy, productive employees:

Employees can add physical activity into their life every day. Stair climbing is an easy option. Taking the stairs is an “active living” choice. Done regularly, it can help employees stay healthy, relieve stress, work their hearts, tone and strengthen leg muscles, and feel great. Taking the stairs is often faster than waiting for the elevator.

Encourage employee stair use

- Ensure your workplace buildings have accessible, clean, safe, well-lit stairways to encourage physical activity.
- Remove obstacles to stair use (i.e., locked doors at points of entry and exit).
- Display posters encouraging employees to take the stairs prominently beside the elevator and stairs.
- Include a pay cheque insert with each pay statement to act as a friendly reminder and reinforce the “Take the Stairs ” message.
- Consider offering incentives to physically active employees using the stairs.

For further information:

Stairway to Health

www.phac-aspc.gc.ca/sth-eva

- A Canadian program developed by Health Canada and the Canadian Council for Health and Active Living at Work

StairWELL to Better Health

www.cdc.gov/nccdphp/dnpa/stairwell

- A program from the United States developed by the National Center for Chronic Disease Prevention and Health Promotion.

To get the Canadian Physical Activity Guidelines visit www.halton.ca/PA or for more information, please call the Halton Region Health Department.

Halton Region

Dial 311 or 905-825-6000

Toll free: 1-866-4HALTON (1-866-442-5866)

TTY: 905-827-9833

www.halton.ca