

**Small Changes for Health 2006**

Week   12  



A study published in Preventive Medicine points out the benefits of just 2 minutes of stair climbing a day. The study conducted on inactive young women showed lower total cholesterol, increased HDL or “good” cholesterol, and improved resting heart rate with 2 minutes of stair climbing a day for 5 days a week on a public access staircase. Stair climbing can benefit everyone and can be found almost everywhere. Why wait for elevators when there are stairs? See you in the stair well!

**Your Small Change: Make sure that you walk up at least three flights of stairs 5 days this week.**

Check off the days you complete this activity below:

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------|---------|-----------|----------|--------|----------|
|        |        |         |           |          |        |          |

If you need more information about this program, this subject or some assistance or suggestions on how to make this change, please visit Health Promotion in room 910 or call us at 314/612-5400, 5419 or 5163. You can also retrieve the supporting Small Changes for Health handouts online by visiting the City of St. Louis Department of Health web page.

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Follow-Up: Week   12  

**Your Small Change: Make sure that you walk up at least three flights of stairs 5 days this week.**

1. How many days did you do this activity? (Circle number of days below)

1    2    3    4    5    6    7

2. How hard was it to accomplish? (Check your answer below)

Very Easy     Somewhat Easy     Neutral     Somewhat Hard     Very Hard

3. Is this a change you think you can continue? (Check your answer below)

Yes     No

4. Other Comments: \_\_\_\_\_  
\_\_\_\_\_

Please return the bottom half of this form to  
Health Promotion in Room 910, at the end of this week.

