

Stairway to Health

Use the stairs to exercise and burn calories

YOUR WEIGHT In pounds	25 STEPS PER MINUTE	30 STEPS PER MINUTE
100 lbs	4.5 cal/min	5.5 cal/min
110 lbs	5.0 cal/min	6.0 cal/min
120 lbs	5.5 cal/min	6.5 cal/min
130 lbs	5.5 cal/min	7.0 cal/min
135 lbs	6.0 cal/min	7.0 cal/min
140 lbs	6.0 cal/min	7.5 cal/min
145 lbs	6.5 cal/min	8.0 cal/min
155 lbs	7.0 cal/min	8.0 cal/min
160 lbs	7.0 cal/min	8.5 cal/min
165 lbs	7.5 cal/min	9.0 cal/min
175 lbs	7.5 cal/min	9.5 cal/min
180 lbs	8.0 cal/min	9.5 cal/min
185 lbs	8.0 cal/min	10.0 cal/min
190 lbs	8.5 cal/min	10.0 cal/min
200 lbs	9.0 cal/min	10.5 cal/min
205 lbs	9.0 cal/min	11.0 cal/min
215 lbs	9.5 cal/min	11.5 cal/min
225 lbs	10.0 cal/min	12.0 cal/min
235 lbs	10.5 cal/min	12.5 cal/min
250 lbs	11.0 cal/min	13.0 cal/min

**This chart is based on American College of Sports Medicine stepping equation*

This chart is based on an average step height of 7 inches and the rates used are 25 steps per minute and 30 steps per minute. These are *AVERAGES*. If your weight falls in-between two of these numbers round *DOWN*. The bold numbers in column II and III represent your calories burned while stepping at a specified rate per minute.

To loose one pound of fat, you must burn 3,500 calories!!