



Test Yourself

STEP IT UP - GET VIGOROUS

Performance on exercise test predicts risk of death from cardiovascular disease and cancer

Test Yourself: Stair climbing test predicts the risk of death from cardiovascular disease, cancer, and other causes. Good performance on the test equates to climbing three floors of stairs very fast, or four floors fast, without stopping.

Why do vigorous exercise? It is one way to increase your calorie burn. improve your heart health. improve mood, and boost your metabolism ([read more](#)).

If a person can walk very fast up three floors of stairs without stopping, or fast up four floors in about **45-55 seconds** without stopping, they have good functional capacity. If not, it is an indicator that they need more exercise. A flight of stairs for our purpose is 12-15 steps. Alternative: You can also do this test on a bottom step. If you can do close to fifty to sixty step ups (up and down motion) in a minute you have adequate ability.

Do not start a program without getting cleared to exercise by going over a PAR Q ([see PAR Q](#)).

BUILD YOUR STAIR CLIMBING POWER WITH STEP-UPS



Train Using a Step: Step up and down Off a bottom step 8” for 30 to 90 seconds for one or more sets.