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# Stairway to your health!

## Use stairs – the best way to burn those extra calories





*Climbing stairs has been the best kept secret in exercise for health. It has now been proved that this is not only one of the best ways to stay fit & healthy but also safer than escalators & elevators. Climbing stairs for just 20 minutes can burn 130 Kcalories\*, which is more than the calories burnt during aerobic dancing for the same period!*

### Stairs - for better health!

- The best way to reduce body fat and burn calories
- Ideal for your heart & waistline
- Reduces blood sugar levels of your body
- Improves your leg strength and balance
- 50% more efficient than lifting weights
- Enhances efficiency at work and improves body resistance
- Effective in increasing blood circulation



### Calories burnt during different activities

| Activity                                     | Kcalories used in 20 minutes of activity |
|--|--|
| Aerobic dancing - low intensity              | 80                                       |
| <b>Climbing stairs (72 steps per minute)</b> | <b>95</b>                                |
| <b>Climbing stairs (92 steps per minute)</b> | <b>130*</b>                              |
| Cycling on flat ground ('own speed')         | 125                                      |
| Office work (general)                        | 25                                       |
| Playing cricket                              | 160                                      |
| Playing tennis                               | 140                                      |
| Playing football                             | 140                                      |
| Running (speed unspecified)                  | 190                                      |
| Walking on the level (1-2 km per hour)       | 45                                       |
| Walking on the level (4-5 km per hour)       | 85                                       |

**Source:** *Human Energy Requirements: A manual for planners and nutritionists*, by WPT James and EC Schofield, published by the Oxford University Press.