

A Guide to Promoting Stairwell Usage in the Workplace

Taking the stairs is one way to be more physically active. At work, employees are often presented with a choice between taking the stairs and taking an elevator or escalator. Choosing the stairs instead of the elevator is a quick way for people to add physical activity to their day. Using the stairs requires little additional time, no wardrobe change, and no costs. If your building has a staircase, why not start using it now?

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Check Stairwells for Safety

- Consider carpeting your stairwell.
- Consider adding rubber treading for safety.
- Stairwells should be well lit with good visibility.

Improve Stairwells Aesthetics

- Paint the walls bright colors.
- Hang artwork in the stairwell, if permitted. Other ideas for framed art include cartoons and children's art.
- Pictures should be changed periodically to keep stair users from getting bored.

Promote Stairwell Usage

- Place point of decision prompts such as motivational posters at elevators and stairwells.

Communicate with Employees

- Promote stairwell use as a way to maintain every day activity levels and achieve weight loss, fitness, or competitive goals.
- Organize stairwell events or competitions to maintain fun, camaraderie, and motivation.

For more information about Promoting Stairwell Usage in the Workplace visit NashVitality.org