



Metro Security Control Room ☎ 22185555



Issued By : Chief PRO

DELHI METRO RAIL CORPORATION LTD.

NBCC Place, Pragati Vihar, Bhishma Pitamah Marg, New Delhi - 110 003.
Ph. : 91-11-24365202, 24365204. Fax : 91-11-24365370.

website : www.delhimetrorail.com

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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
Climbing stairs (72 steps per minute)	95
Climbing stairs (92 steps per minute)	130*
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.