

THE 60-SECOND STAIR CHALLENGE

Want a quick way to gauge your fitness level? Take the 60-Second Stair Challenge! In just one minute, see how many stairs you can climb. Whether you're sprinting, walking, or taking it at your own pace, this test can give you a snapshot of your current fitness level while helping you set goals for improvement.

HOW IT WORKS

Find a staircase with at least 10-15 steps. Set a timer for 60 seconds and start climbing. Count each step as you go up and down (e.g., going up one step = 1, coming down that same step = 1). The total number of steps you complete should fall into one of the following categories:

- Active and Fit (80-100+ steps)

If you're regularly active and in great shape, aim for 80-100 steps or more (40-50 up, 40-50 down). Crushing this range means you're likely maintaining solid cardiovascular health and endurance.

- Moderately Active (60-80 steps)

For those who engage in light to moderate physical activity, this is a great benchmark. This range shows you're staying reasonably active and have room to grow if you want to push yourself further.

- Beginner or Mobility-Limited (40-60 steps)

For individuals who are less active, new to fitness, or have mobility limitations (including elderly adults), this range is still a fantastic achievement. Movement at any level is beneficial, and reaching this range is a step toward a healthier, more active lifestyle.

IMPORTANT REMINDERS

- This test is not about comparison or judgment. Everyone is on their own journey, and fitness is highly individualized based on age, health, and activity level.

- The goal is progress, not perfection. Whether you're hitting 40 steps or 100, you're moving, and that's what counts.

- Listen to your body. If you feel dizzy, lightheaded, or overly fatigued, stop immediately. Safety first!

WHY IT MATTERS

The 60-Second Stair Challenge isn't just a measure of fitness - it's an opportunity to check in with yourself, get moving, and set achievable goals. Consistent effort over time leads to progress, so celebrate your wins no matter how

small they may seem.

Try this challenge every couple of weeks to see how you improve. Whether you're adding more steps or finding it easier to complete your usual range, progress is always worth celebrating. Remember, every step counts - literally! Keep moving, stay safe, and enjoy the journey.