

StairWell Program

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. 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 few additional costs because building code requires stairs. If your building has a staircase, why not start using it now?

One of the reasons employees may not use the stairs as work is because they perceive them as unattractive and/or unsafe.

This section will provide the information you need to transform your stairs into StairWells for better health.

Improving the Visual Appeal of Your Stairwells

A word about permits: check to identify all relevant permits, fire and building codes BEFORE you make your purchases. It would be a shame to spend a lot of money on framed artwork, for example, only to find out that it is against code in your area to hang them!

- Add rubber treading for safety.
- Paint the walls bright colors or;
- 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.
- Be sure to leave room for motivational signs.

Creating and Testing Motivational Signs

1. Develop some signs, or start with ours. (See Sample Copies attached)
2. Have a sheet attached to the signs for comments or voting. Ask colleagues around the office to tell you what they think of various signs, and artwork. Or send out a survey over email. Any input you get is going to help you make better decisions, increases awareness of the project, and makes people feel involved!

Message Ideas

Research indicates that signs are an effective motivator for behavior change involving point-of-prompt decisions, like choosing between the stairs or the elevator. Whether the messages are inspirational, factual, health-related, or humorous, find out what works best with your audience. Below is a list of sample messages. Feel free to use any of these on your signs, or create your own!