

# Project “Stairwellness”

The Food and Nutrition Program, Division of Health Promotion and Protection, and the Staff Association of the Pan American Health Organization (PAHO) are implementing the project “**Stairwellness**” to promote stairwell use at the PAHO headquarters building in Washington D.C., as part of this year’s World Health Day celebration under the slogan “**Move for Health!**”.



The idea behind “**Move for Health!**” is to motivate people to take advantage of everyday opportunities to increase physical activity in their daily lives. Everyone is recommended to engage in at least 30 minutes of moderate physical activity every day or most days of the week, and these 30 minutes can be accumulated throughout the day. Physical activity improves fitness and cardiovascular health, strengthens bones and muscles, and facilitates better weight management, as well as to provide many other benefits. Stair use is just one of the everyday opportunities to contribute to the recommended amount of daily physical activity.

As working adults, most of us spent more than half of our waking hours at the workplace. Therefore, this is an important place for engaging in physical activity during the day. Project “**Stairwellness**” aims to encourage everyone to **choose the stairs** rather than taking the elevator through a series of posters with various motivational messages posted throughout PAHO headquarters building.

(Similar projects have been implemented with much success in the past years in the buildings of other public health organizations such as the Centers for Disease Control and Prevention and the National Institute of Health.)

Some of the motivational messages include “**Treat your heart to a walk!**”, “**Taking the stairs is a healthy investment**” and “**Raise your fitness level one step at a time!**”



**PAN AMERICAN HEALTH ORGANIZATION**  
**Pan American Sanitary Bureau/ Regional Office of the World Health Organization**  
**Food and Nutrition Program/Division of Health Promotion and Protection**



*Celebrating 100 years of health and the World Health Day 2002 dedicated to Physical Activity!*