

Stair Climbing Records

For those of you who cringe when the elevator is broken and two flights of stairs have to be taken—you might want to sit down while reading this.

Every year several stair climbing races are held around the world with the competitors running up the stairs of some of the tallest buildings and towers in the world. World class athletes from running and cycling regularly compete in such events and many specialize in stair climbing races only. Stair climbing is one of the most grueling sports, requiring competitors to move their entire body weight vertically, instead of horizontally.

Here are the stair climbing records for one of the most famous buildings in the world, the 1,576 step Empire State Building:

20-29 Male	9:33 m	Paul Crake (Australia) 2003
20-29 Female	11:23 m	Andrea Mayr (Austria) 2006
50-59 Male	13:11 m	Hal Carlson (USA) 2005
50-59 Female	16:09 m	Marybeth Zajac (USA) 2006
80-89 Male	21:56 m	Salomon Salha (Venezuela) 2006
90-99 Male	39:09 m	Chico Scimone (USA) 2002
100+	No record... yet	

Exercise Activities That You Can Do While Working 9 to 5

► By Mike Perko, PhD

What if I told you this was not like other articles telling you to stretch, get up and walk, or go take the stairs rather than the elevator at work? What if I told you it's the little things you can do while working that add up to fitness and health benefits. What if I told you that I got rid of my office chair 3 weeks ago and I am standing up as I am writing this?

Do I Have Your Attention Now?

Now getting rid of your office chair may not work for you, but it was one thing I could do to actively engage my muscles during a time in which I usually sat. Here are some things that may work for you (and yes I am going to mention stretching, getting up and walking and taking the stairs.). Why focus on the office—well, The American Journal of Cardiology suggests that three 10-minute exercise bouts per day offered fitness benefits similar to those gained from one 30-minute session. Where can we get one or two of those exercise sessions? You guessed it. In 10 minutes you can:

- ✓ Take the stairs. In fact, take two of them at a time. Up.
- ✓ Walk around your building, or your floor.
- ✓ Deliver a message in person rather than an email.
- ✓ S-T-R-E-T-C-H.
- ✓ Have lots of short meetings? Have them standing up.
- ✓ Still sitting? Grab arms of chair and press body up out of seat. Often.

Little things do mean a lot—in fact these can be done so easily you can start right now...up you go.

Source: American Journal of Cardiology, 1991 Feb 1;67(4):325-6





Better Safe



WELCOA'S ONLINE BULLETIN FOR YOUR FAMILY'S SAFETY

BAKED OR FRIED? How To Order Foods When Eating Out

When eating out cooking methods can add fat and calories to seemingly “healthy” food. Identifying how the meal you are about to order is prepared can help you avoid these unhealthy options and choose healthier alternatives.

Healthy Cooking Methods

When ordering from a menu look for the following cooking methods that limit the addition of extra fat and calories while preserving the original nutritional content.

Here are definitions of some of the most common forms of healthy food preparation.

Baked—Food cooked in the oven. Food is cooked slowly with gentle heat, causing the natural moisture to evaporate slowly, concentrating the flavor (potatoes, chicken, fish).

Broiled—Food cooked directly under or over a heat source, usually in the oven under the top broiling element or on the grill (meats).

Grilled—Cooked on a rack directly over hot coals or other heat source (vegetables and meats).

Roasted—Food placed on a flat or V-shaped rack in a shallow, deep square or oval roasting pan for cooking in an oven (vegetables and meats).

Steamed—Cooked over boiling water in a covered pan, this method keeps foods’ shape, texture, and nutritional value intact better than methods such as boiling (vegetables, rice).

Cooking Methods To Avoid

Unfortunately, there are many cooking methods that, during the cooking process, add fat or calories to the food being prepared. Eating food prepared using these methods should be avoided if you are trying to eat healthy.

Breaded—Food covered with bread crumbs before cooking (breaded meats, mozzarella sticks, onion rings, etc.).

Buttered—Cooked in butter or with butter on it (vegetables).

Creamed—Prepared or cooked in a cream sauce (Fettuccini Alfredo, creamed corn, creamed spinach, etc.).

Fried—Food cooked in hot cooking oil, usually until a crisp brown crust forms (meats, French fries, rice, etc.).

These cooking methods involve using fats or oils in the preparation or cooking which greatly increase the amount of fat and calories eaten. Frequently eating large amounts of foods prepared in these ways increase health risks. By avoiding these cooking methods while eating out you can reduce the amount of fat and calories you consume.

Cooking Friendly

Look for menu items that have these ‘cooking friendly’ terms in their description.

✓	Steamed in its own juice
✓	Garden fresh
✓	Broiled
✓	Baked
✓	Roasted
✓	Poached
✓	Tomato juice
✓	Dry boiled in wine or lemon juice
✓	Lightly sautéed
✓	Stir-fried

Be sure to limit or avoid menu items described with these terms, because they will increase the amount of fat and calories that comes with the meal.

✗	Butter sauce
✗	Fried
✗	Crispy
✗	Creamed
✗	In cream or cheese sauce
✗	Au gratin
✗	Au fromage
✗	Escalloped
✗	Parmesan
✗	Hollandaise
✗	Béarnaise
✗	Marinate in oil
✗	Stewed
✗	Basted
✗	Pastry crust
✗	Sautéed
✗	Casserole
✗	Hash
✗	Prime
✗	Potpie



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