

# ONE STEP AT A TIME

## MATERIAL/EQUIPMENT

- Staircase

## ACTIVITY DESCRIPTION

- Explain to the group how stairs can be used for exercise or just for taking the opportunity to move a bit.
- Point out that the number of steps and the incline can be adjusted based on the exertion level experienced.

## READY, SET, GO

1. **Warm-up (1 min):** Walk down the hallway before taking the stairs.
2. **Go up and down the stairs (3 min.):** Depending on individual needs, suggest that participants alternate using the stairs with walking down the hallway to allow for active recovery.

**Variations:** For participants who want a more intense workout and feel comfortable that they can do so safely, suggest the following variations:

- go up or down the steps two at a time;
- go up the steps sideways (changing sides each time they go up);
- for a tougher workout, go back down a step each time you've climbed two (e.g. up 2 steps, down 1 step, up 2 steps...).

3. **Rest (1 min.):** Walk down the hallway back to the activity room.

