

# Calories Burned Walking a Flight of Stairs

(an average flight of stairs = 12 steps)

**One** flight of stairs, three times per day = **15** calories burned

**Two** flights of stairs, three times per day = **30** calories burned

**Three** flights of stairs, three times per day = **45** calories burned

**Four** flights of stairs, three times per day = **60** calories burned

**Five** flights of stairs, three times per day = **75** calories burned

**Six** flights of stairs, three times per day = **90** calories burned

(\*based on 150-160 pound person. A lighter person will burn fewer calories, a heavier person will burn more)

