

4-Flight of Stair Climbing Test

The 4-flight stair climbing test is a simple test in which a person needs to walk fast up four flights of stairs without stopping. This test will give you a simple indication of your functional capacity as the effort levels is equivalent to 10 METs of exercise. A study by Peteiro et al. (2019) tested 12,615 older patients over a period of 5 years. Cardiovascular deaths were triple and cancer deaths were almost double in patients with poor compared to good functional capacity (ability to reach 10 METs in an exercise test).



Protocol

1. Find a staircase (home/workplace)
2. Walk up 4-flights of stairs quickly
3. Record completion time
4. Do it daily to stay active and keep track of health

Scoring

1. Complete under 55s: Good functional capacity
2. Complete over 55s: Need more exercise



Results

10 METs of exercise is equivalent to completing stage 4 of the treadmill Bruce protocol (6.8 km/h, 16% incline). Other exercises equivalent to 10 METs are running (10.4 km/h), bicycling at (22–26 km/h) or walking very fast up four flights of stairs. If you can walk up 4 flights of stairs quickly, you probably have an active lifestyle and a healthy body.

References

- *Peteiro J, Bouzas-Mosquera A, Pertega C, et. al. Prediction of cardiovascular, cancer and non-cardiovascular non-cancer death by exercise echocardiography. European Journal of Preventive Cardiology 2019; 00(0): 1–4*

Video link

Scan the QR-code with your phone to watch the video about the test.

