

Shamita Shetty's Simple Cardio Hack to Burn Calories

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In a recent Instagram post, actress Shamita Shetty shared an easy and effective cardio hack for those with busy schedules—climbing stairs. She emphasized that this simple activity can serve as a quick and efficient workout when time is limited.

Benefits of Climbing Stairs

According to a report by the Government of Hong Kong, regular stair climbing offers several health benefits:

- Reduces the risk of hypertension, diabetes, heart disease, and colon cancer.
- Improves heart and lung function, enhancing blood circulation.
- Promotes bone health and reduces the risk of osteoporosis.
- Strengthens muscles and helps burn body fat, aiding in weight control.

Tips for Safe Stair Climbing

To maximize the benefits and ensure safety while climbing stairs:

- Maintain good posture by keeping your back straight and shoulders relaxed.
- Start with a comfortable pace and gradually increase intensity.
- If you have any chronic medical conditions or experience chest pain or shortness of breath, consult a healthcare provider before starting.

Incorporating stair climbing into your daily routine can be a convenient and effective way to stay active and improve overall health.

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