

West Michigan

## 23 West Michigan CEOs make Stair Week pledge

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The stairs in the Grand Rapids Art Museum are an example of how architects can make taking the stairs a more attractive option.

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GRAND RAPIDS, MI -- There might be more room in the elevator this week when nearly two dozen West Michigan chief executive officers aim to lead by example and take the stairs.

design and environmental benefits of taking the stairs. The idea is to get millions of office workers out of their chairs and moving.

In support of Stair Week, 23 West Michigan CEOs have signed the pledge to be a part of a national campaign promoted by the [National Coalition for Promoting Physical Activity \(NCPA\)](#) to recognize exercise as an important driver of employee health and business performance.

The Grand Rapids chapter of the [American Institute of Architects](#) is spotlighting Stair Week, with an 8:30 a.m. breakfast for members and community leaders on Wednesday, Sept. 10, at the Grand Rapids Art Museum, 101 Monroe Center NW.

“Architects can help by design to make stairs more open, more visible from the lobby and more dominant than the elevator, to encourage people to take the stairs,” said Mike Belise, AIA Grand Rapids President.

Health-promoting architecture aims to create a safer, inviting environment that encourages the use of stairs rather than an elevator. Research shows men who climbed at least 20 floors per week can lower their risk of stroke and death from all causes by 20 percent.

Stair Week is a collaborative effort including AIA Michigan, and state chapters of the U.S. Green Building Council (USGBC), International Interior Design Association (IIDA), United Way and the Michigan Fitness Foundation.

Gov. Rick Snyder is throwing his support behind the movement, by officially making this week Stair Week in Michigan.

“Research shows when done on most days of the week, three 10-minute bursts of an activity, like climbing stairs throughout the day, provides as many health benefits as a single 30-minute aerobic workout,” Snyder said in a statement.



Below is the list of 23 West Michigan CEOs who have signed the pledge to take the stairs this week:

- Lee Coggin, Baker College in Muskegon
- Gary Nelund, City of Norton Shores
- Dan Driesenga, Driesenga & Associates
- Lisa Sabourin, Employers Association of West Michigan
- Rick Baker, Grand Rapids Area Chamber of Commerce
- Dana Friis-Hansen, Grand Rapids Art Museum
- Diana Sieger, Grand Rapids Community Foundation
- Patrick Moran, Greater Ottawa County United Way
- Maureen Noe, Heart of West Michigan United Way
- Paul H. Dickinson, Integrated Architecture
- Ted Lott, Lott2 Metz Architecture
- Dales Nesbary, Muskegon Community College
- Luke Seward, Muskegon Family YMCA
- Ginny Seyferth, SeyferthPR
- Bub Lund, SFM Mutual Insurance Company
- William A. Sidock, Sidock Group, Inc
- Neale Bauman, The Design Forum, Inc.
- Peaches McCahill, The McCahill Group
- Arnold Mikon, TowerPinkster
- Christine J. Robere, United Way of Lakeshore Inc.
- Tim Wondergem, Wondergem Consulting Inc.
- Rachel Hood, West Michigan Environmental Action Council