Take the Stairs Challenge
A Guide for Participants

November 6 - December 1, 2017

An initiative of the Workplace Wellness Committee
Co-ordinated by the Department of Human Resources
Why Take the Stairs?

Fitting physical activity into a busy lifestyle can be a challenge. Taking the stairs is a simple way to add more physical activity into your day and can significantly contribute to the recommended 30 minutes of physical activity per day. Not only does stair climbing help individuals manage their weight by burning calories, it can also help reduce the risks associated with heart disease, cancer and other chronic diseases.

Taking the stairs can:

- **Improve your heart health.**
  It can help raise the levels of good cholesterol in the blood.

- **Help you achieve and maintain a healthy body weight.**
  Taking the stairs burns twice the amount of calories as walking. Taking 6 flights of stairs per day can accumulate to 18 lbs. of weight loss over a span of a year.

- **Contribute to building and maintaining healthy bones.**
  It can enhance bone density and assist in the prevention of osteoporosis.

- **Help you build and maintain healthy joints and muscles.**
  People who frequently take the stairs have greater leg strength in comparison to non-climbers.

- **Help you breathe better and have a higher aerobic capacity.**
  Taking 3-4 flights of stairs at a moderate pace utilizes your heart and lungs similar to a 10-minute walk.

- **Reduce stress and tension.**
  When you take the stairs, you release endorphins that help relieve stress and other negative feelings.

What is the Take the Stairs Challenge?

From **November 6 to December 1, 2017**, the Workplace Wellness Committee is challenging employees to add more physical activity into their work day by taking the stairs. During the 20 day challenge employees are encouraged to sign-up to participate in “virtual climbs” of well-known buildings and mountains as individuals or in teams. At the end of this friendly challenge individuals/teams will be entered into a draw for prizes.

Will you reach the top of the CN Tower in 20 days? Will your team reach the Mount Everest Summit?

Participate in the challenge.....
Have fun, improve your overall level of health one step at a time!
How to get started?

**Individuals**

- Go to the Take the Stairs website at [www.uwindsor.ca/takethestairs](http://www.uwindsor.ca/takethestairs) and complete the “Individual Sign-up Form”.
- Review the list of virtual climbs (back cover) and select a target. Select a realistic target but also remember that it should be challenging.
- Determine how many flights of stairs you will need to take each day to complete the “virtual climb” selected.
- Each day, keep track of the number of flights of stairs taken (up and down) and record it on the “Take the Stairs Challenge Tracking sheet” ([download from the website](http://www.uwindsor.ca/takethestairs)).
- On a weekly basis, review the number of flights taken and make any adjustments to your daily goal in order to complete the virtual climb selected.
- If you complete your virtual climb before the end of the 20th day, challenge yourself to climb a higher mountain/building and continue to record the additional number of flights of stairs taken.
- At the end of the challenge, submit your completed tracking sheet to be entered into the draw.

**Teams**

- Form a team of up to 5 employees, select a team captain and a name for your team.
- The team captain will be responsible for signing-up the team for the challenge. Go to the Take the Stairs website at [www.uwindsor.ca/takethestairs](http://www.uwindsor.ca/takethestairs) and complete the “Team Sign-up Form”.
- As a team, review the list of virtual climbs (back cover) and select a target. Select a realistic target but also remember that it should be challenging.
- Determine how many flights of stairs each team member needs to take each day to complete the virtual climb selected.
- Each member of the team will need to keep track of the number of flights of stairs taken (up and down) each day and record it on the “Take the Stairs Challenge Tracking sheet” ([download from the website](http://www.uwindsor.ca/takethestairs)).
- The team captain should review progress weekly with team members and motivate the team to reach their targets.
- If your team completes the virtual climb before the 20th day, challenge the team to climb a higher mountain/building and continue to record the additional number of flights of stairs taken.
- At the end of the challenge, the team captain collects the “Stair Challenge Tracking Sheet” from each team member and submits them to be entered in the draw.
The table below outlines the virtual climbs for the challenge. The number of flights has been calculated based on the assumption that each flight of stairs consists of approximately 12 steps. For the purpose of this challenge 1 linear foot is equal to 1 step.

For those employees who are unable to take the stairs, but would like to participate in the challenge, the chart above includes linear distances (height in both feet and metres). Instead of keeping track of flights of stairs taken, record in the Stair Challenge Tracking sheet the number of feet/metres walked each day.

Which virtual mountain or building will you climb in 20 days?

For more information or to download Take the Stair Challenge Tracking sheet please visit: www.uwindsor.ca/takethestairs

<table>
<thead>
<tr>
<th>Virtual Climb</th>
<th>Location</th>
<th>Height (ft)</th>
<th>Height (m)</th>
<th>Number of Flights (1 flight = 12 steps)</th>
<th>Number of flights per day for 20 day challenge</th>
</tr>
</thead>
<tbody>
<tr>
<td>Big Ben</td>
<td>London, England</td>
<td>315</td>
<td>96</td>
<td>26</td>
<td>1-2</td>
</tr>
<tr>
<td>Space Needle</td>
<td>Seattle, Washington</td>
<td>603</td>
<td>184</td>
<td>50</td>
<td>2 - 3</td>
</tr>
<tr>
<td>Empire State Building</td>
<td>New York, New York</td>
<td>1250</td>
<td>381</td>
<td>104</td>
<td>5 - 6</td>
</tr>
<tr>
<td>Willis Tower</td>
<td>Chicago, Illinois</td>
<td>1450</td>
<td>442</td>
<td>121</td>
<td>6</td>
</tr>
<tr>
<td>CN Tower</td>
<td>Toronto, Ontario</td>
<td>1814</td>
<td>553</td>
<td>151</td>
<td>7 - 8</td>
</tr>
<tr>
<td>Burj Khalifa</td>
<td>Dubai, United Arab Emirates</td>
<td>2716</td>
<td>828</td>
<td>226</td>
<td>11</td>
</tr>
<tr>
<td>Mont Tremblant</td>
<td>Mont-Tremblant, Quebec</td>
<td>3175</td>
<td>968</td>
<td>264</td>
<td>13</td>
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<tr>
<td>Grouse Mountain</td>
<td>North Vancouver, B.C.</td>
<td>4039</td>
<td>1231</td>
<td>336</td>
<td>17</td>
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<td>Mont Blanc*</td>
<td>French-Italian border</td>
<td>15781</td>
<td>4810</td>
<td>1315</td>
<td>66</td>
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<tr>
<td>Mount Kilimanjaro*</td>
<td>Tanzania</td>
<td>19340</td>
<td>5895</td>
<td>1611</td>
<td>80</td>
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<tr>
<td>Mount Everest*</td>
<td>Nepal-Tibet border</td>
<td>29029</td>
<td>8848</td>
<td>2419</td>
<td>121</td>
</tr>
</tbody>
</table>

*These are great climbs to be reached by teams*