



## **Individual and Team Challenge Virtual Climbs Completed March 11 – April 8, 2015**

From March 11 to April 8, the Workplace Wellness Committee challenged employees to add more physical activity into their day by participating in virtual climbs. The following are some statistics that highlight the tremendous accomplishments of the individuals and teams who participated in the challenge.

Congratulations to all employees who participated in the challenge!

### **Individuals**

- 28 employees signed-up to participate in the challenge as individuals.
- 20 submitted the completed tracking sheets at the end of the challenge
- Together, they climbed 13239 flights of stairs (up and down) during the challenge

#### Virtual climbs completed by individuals:

- 1 individual climbed Mount Everest & Mount Kilimanjaro - more than 4030 flights of stairs
- 1 individual climbed Mount Everest - more than 2419 flights of stairs
- 3 individuals climbed Mount Kilimanjaro - more than 1611 flights of stairs
- 1 individual climbed Grouse Mountain, Mont Tremblant & the Willis Tower - more than 1057 flights of stairs
- 6 individuals climbed Grouse Mountain & the Willis Tower - more than 457 flights of stairs
- 4 individuals climbed Grouse Mountain - more than 336 flights of stairs
- 2 individuals climbed Willis Tower & the CN Tower - more than 272 flights of stairs
- 1 individual climbed the Empire State Building & the Space Needle - more than 154 flights of stairs
- 1 individual climbed the Empire State Building - 104 flights of stairs

### **Teams**

- 20 teams participated in the challenge. They all submitted their tracking sheets
- Each team range from 2 to 5 individuals. A total of 94 individuals participated in the challenge as members of a team.
- Together they climbed 70399 flights of stairs (up and down) during the challenge

#### Virtual climbs completed by teams:

- 4 teams climbed Mount Everest & Mount Kilimanjaro - more than 4030 flights of stairs
- 1 team climbed Mount Everest & Mont Blanc - more than 3734 flights of stairs
- 9 teams climbed Mount Everest, Grouse Mountain, Mont Tremblant & Burj Khalifa - more than 3245 flights of stairs
- 4 teams climbed Mount Everest - more than 2419 flights of stairs
- 2 teams climbed Mount Kilimanjaro & Grouse Mountain - more than 1941 flights of stairs.

**Congratulations!!!**