

Think fit! Stair-climb challenge

A guide for participants



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Have fun, increase the amount of activity you do a day, and help your health... take the *Stair-climb challenge*.

Working out your target

First you will need to have an idea of how many flights of stairs you can realistically climb in a week, so that you can work out your own weekly goal and then challenge yourself.

Count and record how many steps you climb each day, for seven days. This is your 'baseline week'. What's the highest number of steps you climbed on any one day? This your '*Daily steps target*'. You should aim to complete this many steps every day.

It is hard to keep track of the total number of individual steps you should be taking a day, so instead record the number of flights of stairs you climbed. There are 15 steps in an average flight of stairs.

How to work out your target for the *Stair-climb challenge*

What's the highest number of steps you climbed on any one day in your baseline week? _____ This is your *Daily steps target*.

Divide your *Daily steps target* by 15 (the average number of steps in a flight of stairs). _____ This is your *Daily flight goal*.

Multiply your *Daily flight goal* by 7 (days in a week). _____ This is your *Weekly flight goal*.

Now challenge yourself. Which virtual mountain or building will you climb?

Aim to climb a mountain or building that has the same number of flights as your weekly flight goal. Look at the list below to see the number of flights in a variety of buildings and mountains.

Keep track... and keep going!

Keep a record of the number of flights you climb each day. Have you reached the top of your mountain or building?

If you miss your goal, don't stop. Think of ways to increase the number of steps you climb.

If you reach your goal, challenge yourself to climb a higher mountain or a taller building. Continue to record the number of flights you climb so that you can see the progress you are making.

Virtual climbs

Virtual mountains

Slieve Donard, Northern Ireland	5,390 steps	360 flights
Scafell Pike, England	6,180 steps	412 flights
Mount Snowdon, Wales	7,120 steps	475 flights
Ben Nevis, Scotland	8,810 steps	587 flights
Mont Blanc, France	30,420 steps	2,028 flights
Mount Kilimanjaro, Tanzania	38,680 steps	2,578 flights
Mount Everest, Nepal	58,070 steps	3,871 flights

Virtual buildings

Millennium Dome, England	320 steps	21 flights
Sydney Opera House, Australia	425 steps	28 flights

Clifton Suspension Bridge, England	490 steps	33 flights
Big Ben, England	632 steps	42 flights
Forth Rail Bridge, Scotland	680 steps	45 flights
BT Tower, Birmingham, England	997 steps	66 flights
Blackpool Tower, England	1,036 steps	69 flights
Seattle Space Needle, USA	1,164 steps	78 flights
Canary Wharf Tower, England	1,600 steps	107 flights
Petronas Twin Towers, Malaysia	2,860 steps	190 flights
CN Tower, Toronto, Canada	3,500 steps	233 flights

Stair-climb challenge
Record sheet

Use this record sheet to see the progress you are making. Enter your weekly flight goal and then record your daily and weekly flight totals.

When you reach your goals, reward yourself – for example, with a new pair of walking shoes, a new walking top, a new CD, or a trip out for the day. Keep this reward in mind when you need some extra motivation.

Think about the good feelings you experience when you are active and how much you have accomplished.

	Week 1 Dates:	Week 2 Dates:	Week 3 Dates:	Week 4 Dates:	Week 5 Dates:	Week 6 Dates:
Weekly flight goal						
Virtual climb						
	<i>Number of flights climbed per day:</i>	<i>Number of flights climbed per day:</i>	<i>Number of flights climbed per day:</i>	<i>Number of flights climbed per day:</i>	<i>Number of flights climbed per day:</i>	<i>Number of flights climbed per day:</i>
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						
Total number of flights climbed this week						