

Stair-climb challenge

MISSION VERY
POSSIBLE!

What is the challenge goal?

The goal of the challenge is for each participant to increase the number of steps they take each day by challenging them to 'virtually climb' well-known mountains or buildings.

The challenge can be done either as an individual virtual climb or as a team virtual climb. You can organise for the challenge to take place over 4, 8 or 12 weeks.

Challenge details

Individual virtual climb

Each individual sets a personal physical activity goal based on his or her current activity level. Individuals then decide which virtual climb to compete and record the number of flights of stairs climbed each day.

Team virtual climb

Teams of up to five people are formed and a team goal is set to complete a virtual climb.

Team members record the number of flights of stairs they climb in a week and combine their totals.

There should be a visual display of the running total so that teams can track their progress. (One flight of stairs is the equivalent of 15 steps.)

How to start the challenge

Individual virtual climb

When you are ready to start your challenge and participants have registered, distribute all participants a copy of Stair-climb challenge: A guide for participants. The guide is designed to help individuals set their own challenge goals. It also contains a Stair-climb record sheet so that individuals can see their progress. The record sheet can also be used as evidence on completion of the challenge. The challenge 'champion' is responsible for collecting in participants' record sheets and rewarding participants who achieve their goals

Team virtual climb

As the challenge champion, you need to set your team virtual climbs. Look through the list of mountains and buildings and decide which mountains and building teams have to climb in order to complete the challenge. For example, a 4-week challenge (3,000 flights), the virtual climb could be Mount Kilimanjaro (2,578 flights) and Mount Snowdon (475 flights) = 3,053 flights.

You may want to adapt the Guide for participants described above, to make it suitable for a team challenge.

- For a 4-week challenge – number of flights of stairs to climb = minimum of 2,800 flights
- For an 8-week challenge – number of flights of stairs to climb = minimum of 5,600 flights
- For a 12-week challenge – number of flights of stairs to climb = minimum of 8,400 flights

Virtual Climbs

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Virtual mountains	No of steps	No of flights
Slieve Donard, Northern Ireland	5,390	360
Scafell Pike, England	6,180	412
Mount Snowdon, Wales	7,120	475
Ben Nevis, Scotland	8,810	587
Mount Blanc, France	30,420	2,028
Mount Kilimanjaro, Tanzania	38,680	2,578
Mount Everest, Nepal	58,070	3,871

Virtual buildings	No of steps	No of flights
Millennium Dome, England	320	21
Sydney Opera House, Australia	425	28
Clifton Suspension Bridge, England	490	33
Big Ben, England	632	42
Forth Rail Bridge, Scotland	680	45
BT Tower, Birmingham, England	997	66
Blackpool Tower, England	1,036	69
Seattle Space Needle, USA	1,164	78
Canary Wharf Tower, England	1,600	107
Petronas Twin Towers, Malaysia	2,860	190
CN Tower, Toronto, Canada	3,500	233

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 in any one day? This is 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 you climbed. There are 15 steps in an average flight of stairs.

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're making.

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 baselines 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.*

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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.

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