



STAIR CLIMB CHALLENGE



Surveys report that nearly two out of five adults in the UK don't achieve the recommended levels of physical activity to benefit their health.

It's not always easy to fit physical activity into our busy lives but being inactive and having a sedentary lifestyle can contribute significantly to the risk of developing heart and circulatory disease.

This challenge will help staff increase their activity levels, improving their mental and physical wellbeing by:

- Promoting taking the stairs
- Increasing staff morale and team building by taking part as a team
- Giving out record sheets to help employees track their progress and their success

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STAIR CLIMB CHALLENGE INTRODUCTION



Help your staff conquer the stairs with our stair climb challenge.

Are staff in your workplace sitting still all day? Increase the number of steps up the stairs you and your colleagues take each day by climbing the equivalent of well-known mountains or buildings.

Take the challenge as an individual or as part of a team. Staff can be as ambitious as they like and organise the challenge to take place over 4, 8 or 12 weeks.

Start the challenge

Getting started couldn't be simpler.

- Find out who wants to take part.
- Choose to conquer the stairs as an individual or collectively in groups. We recommend groups of six to make it easy to keep track of the group total. If you have lots of people who would like to take part organise several teams to compete against each other for some added competition.
- Fundraise for the British Heart Foundation (BHF) to raise money for our life saving research. To get support for your challenge contact Supporter Services on 0300 330 3322 or supporterservices@bhf.org.uk for fundraising materials.
- Set a date for the challenge to begin.
- Share our 'Guide for participants' with staff taking part.

Tracking your staff's progress

Following your staff's progress is easy.

- Share the 'Individual challenge chart' so that staff can track their progress.
- Nominate someone from each team to collect participants' totals each week.
- Reward participants who have increased their step count.
- Use the challenge records as evidence once the challenge has been completed.
- Display running totals around your workplace using 'The group chart', so that teams can track their progress and share weekly updates.

Celebrating your success

Once your Stair climb challenge is complete, celebrate how far you've come. Have a climbing themed event, celebrate with indoor rock climbing or organise a lunchtime walk to carry on the good work.

Find all the resources you need for your Stair climb challenge at bhf.org.uk/healthatwork

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STAIR CLIMB CHALLENGE

GUIDE FOR PARTICIPANTS



This is your chance to increase the amount of activity you do by conquering the stairs and taking part in this fun team challenge.

If you're looking to get a bit more active, this is the perfect way to build additional activity in to your day.

Surveys report that 39% of adults in the UK don't achieve recommended levels of physical activity and we know that being physically inactive and having a sedentary lifestyle can contribute significantly to the risk of developing heart and circulatory disease.

By taking part you can increase your activity levels and improve your mental and physical wellbeing.

Challenge yourself

To get an idea of how many flights of stairs you can realistically climb each week, record how many you climb in a day and choose a landmark which you think you can achieve based on our list of virtual buildings – but be brave and choose a challenging target.

Virtual buildings	Number of flights
Millennium Dome, London	21
Sydney Opera House, Australia	28
'Big Ben', England	42
Forth Rail Bridge, Scotland	45
BT Tower, Birmingham, England	66
Blackpool Tower, England	69
Seattle Space Needle, USA	78
Canary Wharf Tower, England	107
Petronas Twin Towers, Malaysia	190
CN Tower, Toronto, Canada	233

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GUIDE FOR PARTICIPANTS



If you are working as part of a team choose from our list of virtual mountains.

Virtual buildings	Number of flights
Slieve Donard, Northern Ireland	360
Scafell Pike, England	412
Snowdon, Wales	475
Ben Nevis, Scotland	587
Mont Blanc, France	2,028
Mount Kilimanjaro, Tanzania	2,578
Mount Everest, Nepal	3,871

One flight of stairs is equivalent to approximately 15 steps.

Group target guidance

Group guidance is based on a group of six.

- For a 4 week challenge climb a minimum of 2,800 flights
- For an 8 week challenge climb a minimum of 5,600 flights
- For a 12 week challenge climb a minimum of 8,400 flights

Tracking your progress

There are lots of devices to help you to keep track of your activity and the number of flights you climb. Fitness trackers or smartphone apps will often record your steps or you can count them as you climb. You can also purchase pedometers from the BHF shop at bhf.org.uk/shop

Doing the maths

Record your results using your 'Individual challenge chart' There are 15 steps in an average flight of stairs. Divide the number of steps up the stairs by 15 to get your daily number of flights.

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INDIVIDUAL CHALLENGE CHART



Use this chart to record your individual progress in flights taken up the stairs. There are approximately 15 steps in an average flight of stairs.

Don't worry if you miss your goal. Think of the ways you can increase the number of steps you take tomorrow. If you reach your goal reward yourself and challenge yourself to climb a higher mountain or a taller building.

	Week []	Week []	Week []	Week []
Your weekly goal (your target each week)				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Your weekly total (the number of flights of stairs you've achieved)				

Total number of flights you took during the challenge

Congratulations!

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THE GROUP CHART



Use this chart to record your group progress in flights taken up the stairs. There are approximately 15 steps in an average flight of stairs.

	Week []	Week []	Week []	Week []	
Your team's weekly goal (your target each week)					Your team's weekly total (the number of flights of stairs)
Group name:					
Group name:					
Group name:					
Group name:					
Group name:					
Group name:					
Group name:					
Group name:					
All group's weekly total (the number of flights of stairs you've achieved)					

Total number of flights you took during the challenge

Congratulations!

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