

Think fit!
Stair-climb
challenge

Stair-climb challenge

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 complete 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.)

- *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

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

How to start the challenge

For general information on how to set up an activity challenge, see *A guide to setting up an activity challenge* on page 74 of the *Think fit!* book (also available from bhf.org.uk/thinkfit).

Individual virtual climb

When you are ready to start your challenge and participants have registered, distribute to all participants a copy of *Stair-climb challenge: A guide for participants*. You can download this guide from bhf.org.uk/thinkfit. 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 on page 1 and decide which mountains and buildings teams have to climb in order to complete the challenge. For example, for 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.

