






Climb Your Way to Health

Did you know new studies show that taking at least 50 steps up the stairs each day could significantly slash your risk of heart disease?

				
Bake Oven Knob 638 Stairs Germansville, PA	Mount Stratton 1,256 Stairs Vermont	Mount Moosilauke 1,665 Stairs New Hampshire	Black Balsam Knob 2,225 Stairs North Carolina	Mount Sanitas 2,737 + Stairs Colorado

The Muhlenberg Wellness Committee would like to invite all Muhlenberg employees to participate in February's Heart Health Challenge. The Climb Your Way to Health Challenge encourages employees to use the stairs instead of the elevator. By adding a few steps a day into your work routine, you can increase your physical activity and improve your overall health and well-being.

How the Challenge Works:

Keep track of the number of stair steps you climb each day. At the end of each week, you will submit your totals on our [tracking form](#) for record-keeping progress. The Climb Your Way to Health Challenge goal is to accumulate at least 2,225 stair steps in 4 weeks. Steps may be accrued in a manner that suits each employee's personal plan, but the wellness committee has established weekly goals and incentives in order to encourage full participation throughout the month. Each goal is associated with a mountain and completing that goal is equivalent to climbing to the top! The full goal/incentive schedule is as follows:

Week 1	Feb 10 - Feb 14	Bake Oven Knob (Germansville, PA)	638+ stairs	RAFFLE
Week 2	Feb 17 - Feb 21	Mount Stratton (Vermont)	1,256 total stairs	RAFFLE
Week 3	Feb 24 - Feb 28	Mount Moosilauke (New Hampshire)	1,665 total stairs	RAFFLE
Week 4	Mar 3 - Mar 7	Black Balsam Knob (North Carolina)	2,225 total stairs	RAFFLE

Grand Prize Raffle Mount Sanitas (Colorado) 2,737+ total stairs

If you achieve over 2,737 steps, you would have climbed to the first stop at one of the many mountains in the Rockies! You are also eligible for the Grand Prize raffle.

Stair Map of Muhlenberg: Throughout the day keep track of the number of stair steps you've taken. Use the [Campus Stairwell Map](#) to help assist you in the process. At the end of the day, add up your total number of stair steps. At the end of the week, add up your weekly total and [submit your tracking form](#). You will only enter your totals for that week. The wellness committee will keep track of your overall totals throughout the challenge. Note: steps count going up AND down. Also, you are encouraged to include your stair steps off campus!

If you have a health condition or physical limitations but would like to discuss a modification to this challenge, please reach out to the Muhlenberg Wellness Committee.

How far can you climb?