

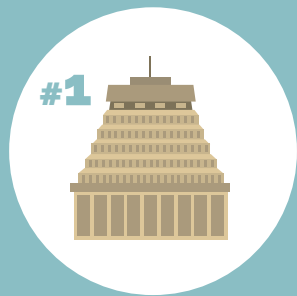
STAIR CHALLENGE

The challenge

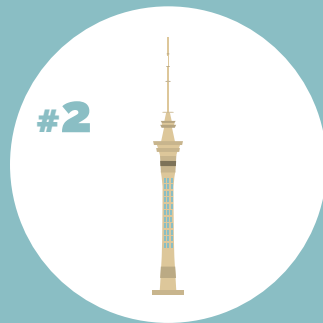
Are you up for a workplace stair challenge? Compete against your colleagues, other teams in your workplace, other organisations in your building, or just challenge yourself! There are five different destinations to climb – choose one, or gradually climb your way to all five.

To get started, you will need to measure the height of one of the steps in your building, then count the number of steps in each flight of stairs. Multiply these together to get your flight height in metres. From here it's easy – simply keep a tally of the number of times you use the stairs. At the end of the challenge, calculate total metres climbed by multiplying your total number of flights by flight height. How long will it take you to reach your destination? Stair challenge participation certificates are available – see below.

PRINT YOUR FREE CHARTS AND CERTIFICATES FROM: hpa.org.nz/nutrition-physical-activity-resources



72m
Wellington Beehive



328m
Auckland's Sky Tower



1,692m
Mitre Peak, Milford Sound



2,291m
Mt Ngauruhoe



3,754m
Aoraki Mt Cook

SIT LESS, MOVE MORE, FEEL GOOD