Flights to Fitness Challenge

Focus Area: Physical Activity

Objective: The Flights to Fitness Challenge is designed to encourage employees to take the stairs instead of the elevator when possible. It's your decision if you would like to do this challenge as a group activity or individually.

Length of Challenge: 4-8 weeks

Materials Needed: Flights to Fitness Challenge Tracking Sheet

Directions: Begin by logging each flight of stairs you climb in a day. One flight of stairs is from one floor to the next and only count the flights you climb up. When you reach the top of one building, start climbing the next one until you reach the top of the Sears Tower after climbing all 869 flights of stairs! Not able to climb stairs? Check out our "Alternative Exercises for Stair Climbing" handout.

Regional/Satellite Offices & AWS Employees: This challenge can be hosted across regional/satellite office and/or with AWS employees.

Getting Started:

1. Decide what dates your "Flights to Fitness Challenge" will run.
2. Establish a sign-up period (for example, one week) before the challenge start date.
3. Determine how participants will let you know they participated.
4. Announce the challenge to employees! (This can be done via email, eNewsletter, department intranet and/or flyers.)
5. At the close of the sign-up period (if you established one), contact all participants to share the following:
   o A welcome, congrats and/or thank you for participating in the challenge.
   o Dates of when the challenge will begin and end.
   o Instructions on how to participate in the "Flights to Fitness Challenge".
6. Print or attach via email the "Flights to Fitness Tracking Sheet" and distribute to all participants.
7. As the challenge comes close to an end, send out wrap-up email to participants.