

TAKE THE STAIRS CHALLENGE

November 25 - December 6, 2013

- ❖ In both Fleming stairwells there are **128 steps** from the basement to the 6th floor (148 to 7th floor) – round trip 256 and 296 respectively.
- ❖ There will be a sign in sheet on the 6th floor to log your activity. Each time you go up and down the stairs (round trip) and sign in you will be entered in the drawing.

**Participate! TAKE THE STAIRS and be eligible to WIN
MHealthy Punch Card**

(Includes 15 visits over a six month period for 100 level classes)

- ❖ Depending on your activity level, it could take only 5-10 minutes to go up and down the stairs once.
- ❖ Burn calories, get your circulation going, and get started now!

