

Take the Stairs Challenge November 29 - December 8, 2010



Win Prizes!

Burn Calories,
Not Electricity



- 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 and sign in you will be entered in the drawing. Participate! TAKE THE STAIRS and be eligible to WIN! 😊
- Depending on your activity level, it could take only 5-10 minutes to go up and down the stairs once, would definitely burn some calories, and would certainly get your circulation going. Get Started now!