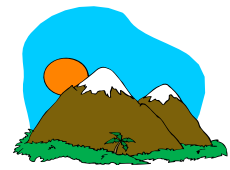


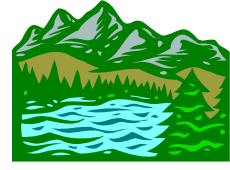
StairWELL to Health Challenge!



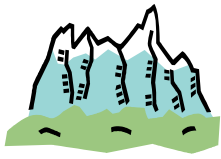
Mount Everest
29,098 feet



Pike's Peak
14,110 feet



Grandfather Mountain
5,964 feet



Mount St. Helens
4,500 feet



Wallace Wade Stadium
2,916 feet



Sears Tower
1,453 feet




Bank of America
869 feet


Logbook

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The Benefits of Stair Climbing

 Climbing just 2 flights of stairs everyday could result in a loss of 6lbs a year. (Brownwell, Stunkard, and Albaum, 1980)

 In one minute, a 150-pound person burns approximately 10 calories walking up stairs, and only 1.5 calories riding an elevator.

 Walking up stairs burns almost 5 times more calories than riding an elevator.

StairWELL to Health Challenge Guidelines

- ❖ Duke employees who are eligible for benefits and work 20 hrs or more a week qualifies to participate in this program.
1. Register in person at the LIVE FOR LIFE office and receive your personal StairWELL to Health Challenge logbook or register on line at www.hr.duke.edu/stairwell for your logbook and guidelines.
 2. Record the number of stairs you climb up and down each day and keep an ongoing total.
 - **Start over at zero (0) after each level of completion.**
 - **Levels must be completed in order beginning with the first level.**
 - **1 stair climbed up or down = 1 foot.** Using this conversion, you will be able to climb famous buildings, landmarks, and mountains.
 3. Once you have completed a level, choose **ONE** of the following way to submit your level and you will receive your level prize via campus mail:
 - Mail a copy of your logbook sheets, for that level, to LIVE FOR LIFE[®], Box 3200.
 - Fax a copy of your logbook sheets, for that level, to LIVE FOR LIFE[®] to 684-1852.
 - Submit the level on-line at: www.hr.duke.edu/stairwell
 4. Prizes will be mailed to your Duke address. If notated on the form, LFL Dollars can be given in lieu of prizes.



StairWELL to Health Challenge Prize List

Level One: Bank of America: 869ft

(StairWell to Health Cotton Tee Shirt)

Level Two: Sears Tower: 1453ft

(Plastic Divider Dish)

Level Three: Wallace Wade Stadium: 2,916 ft

(Ruler with Calculator)

Level Four: Mount St. Helens: 4500ft.

(Water Bottle)

Level Five: Grandfather Mountain: 5,964 ft.

(Lunch Bag)

Level Six: Pike's Peak: 14,110 ft.

(Tubing Exercise Ropes)

Level Seven: Mt. Everest: 29,098 ft.

(Shoulder Tote Bag)

Note: You have the option to receive LIVE FOR LIFE dollars instead of the prize. The dollars will be of equal value to the gift for each level of completion.

Conversion Chart:

For those who are unable to participate due to physical limitations:

1 minute of alternate exercise = 10 stair steps
(swimming, biking, walking, running, strength training)

The StairWELL to Health Challenge

- 1. On your mark, get set, climb. You should record the number of stairs you climb up and down each day and keep an ongoing total.**
- 2. 1 stair climbed up = 1 foot. 1 stair climbed down = 1 foot. Using the stairs to feet conversion, you will be able to climb famous buildings, landmarks, and mountains. You must start over at zero (0) after each climb.**
- 3. Once you complete a level, choose ONE of the following ways to submit your level and you will receive your level prize via campus mail:**
 - a. Mail a copy of your logbook sheets, for that level, to LIVE FOR LIFE[®], Box 3200.**
 - b. Fax a copy of your logbook sheets, for that level, to LIVE FOR LIFE[®] to 684-1852.**

OR

- c. Submit the level on-line at:**

www.hr.duke.edu/eohs/livelifestair-wellevel

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