



# MOUNTAIN PEAK CLIMBING

## ADVENTURE AT WORK

Climbing increases one's physical and mental stamina. As a part of the ChooseFit challenge, we challenge people to walk up stairs in their building and reach for a goal of climbing designated mountain peaks in the U.S.

State employees have 5 weeks (35 total days) to complete not only the ChooseFit Challenge (exercise 3x per week for 30 minutes), but to reach one of the mountain peaks. The mountain peaks and their step requirements are listed below. Please see the next page to convert other types of activity such as calisthenics, yoga, or exercise classes into flights of stairs. Limit your substitutions to once per week! Climb 6 out of 7 days!

MOUNTAINS	TOTAL FLIGHTS	FLIGHTS PER DAY (7 DAYS A WEEK)
Mt. Scott: 2,464 ft.	224	6.4
Black Mesa: 4,973 ft.	452	12.9
Mt. St. Helens: 8,365 ft.	760	21.7
Pike's Peak: 14,115 ft.	1283	36.65

[1 Flight = 65 steps]

## VARIOUS ACTIVITY STEP CONVERSIONS

Calisthenics class	= 106 steps per minute
Yoga class	= 45 steps per minute
Elyptical	= 203 steps per minute
Rower	= 212 steps per minute
Stationary cycle	= 100 steps per minute
Lifting weights	= 67 steps per minute

## STAIR CLIMBING

1 flight of stairs = 65 steps total

The average person's stride length is approximately 2.5 feet long. That means it takes just approximately 2,000 steps to walk one mile.

