



How to start a Stair Walking Challenge

1. Find a champion or chief motivator (you?) who will rustle up enthusiasm, pester, cajole and encourage others to join in, all in the spirit of fun and inclusion.
2. Adapt the Stair Challenge Chart for your workplace.
<http://admin.victoriawalks.org.au/Assets/Files/Stair%20climbing%20chart.doc>
3. Put the chart up in a central location.
4. Find, tempt and encourage participants* to join in (get them to put their names of the chart).
5. Decide on when, how regularly and how many flights of stairs to do (make it reasonable and realistic so everyone can join in).
6. Conduct your inaugural walk (get your CEO, manager or team leader to lead the way!).
7. Get all participants to put a tick next to their name.
8. Celebrate!
9. Repeat.



** For people who are not able to participate due to injury or limited mobility, consider modifying the activity eg. by walking / scootering / wheeling an equivalent distance around the office.*

Put up a few posters <http://www.phac-aspc.gc.ca/sth-evs/english/downloads/PosterPack2.pdf>
http://www.anthem.com/employer/va/f2/s3/t0/pw_a032965.pdf?refer=ahpemployer&state=va

Climb the Sydney Opera House (virtual climb) <http://www.sportinherts.org.uk/userfiles/300.pdf>

Decorate your stairwell? <http://www.youtube.com/watch?v=BtAJOcXZPM&feature=related>