

Take the Stairs in September with

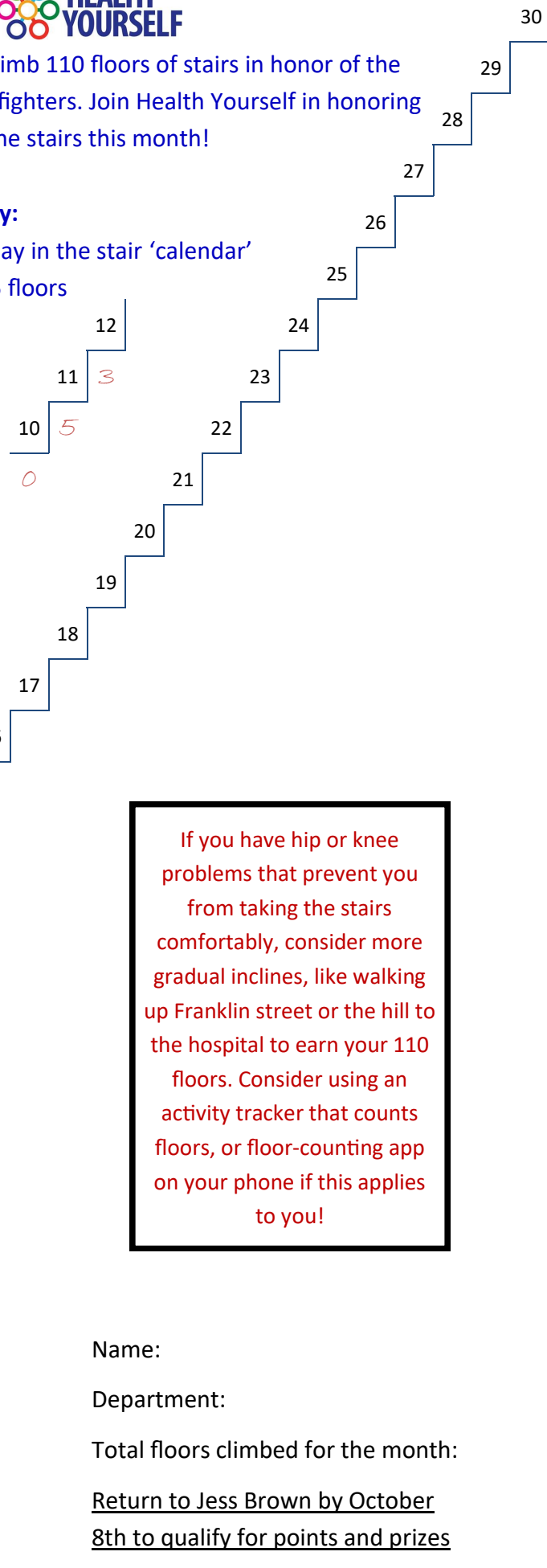
On September 11th, firefighters across the country will climb 110 floors of stairs in honor of the 110 stories of the World Trade Center and our fallen fire fighters. Join Health Yourself in honoring first responders— past and present- by choosing to take the stairs this month!

How you can earn Healthy Reward points for this activity:

Log the number of floors of stairs you climb under each day in the stair 'calendar' below, for example, if you climbed 0 floors on the 10th, 5 floors on the 11th, and 3 on the 12th, it would look like this:

-Earn 15 points by logging a total of 110 stories or more throughout the month by writing the number of stories/floors you climbed each day. Total your logged floors for the month in the lower right corner.

Just 3-4 floors of stairs each day will get you to 110 by the end of the month!



If you have hip or knee problems that prevent you from taking the stairs comfortably, consider more gradual inclines, like walking up Franklin street or the hill to the hospital to earn your 110 floors. Consider using an activity tracker that counts floors, or floor-counting app on your phone if this applies to you!

Name: _____

Department: _____

Total floors climbed for the month: _____

Return to Jess Brown by October 8th to qualify for points and prizes

