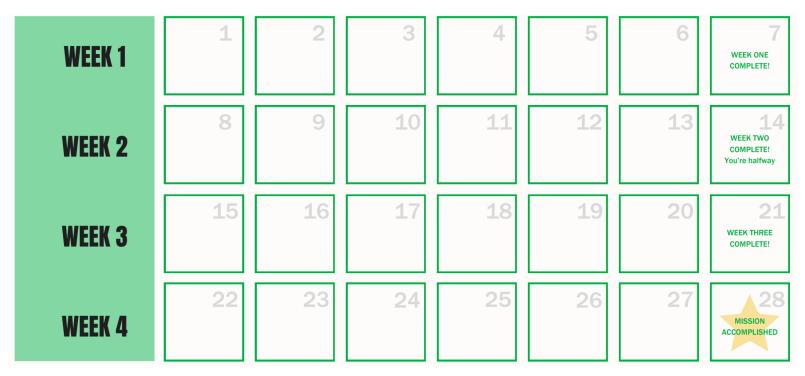


Stair/Step Challenge



Consult your health care professional to be sure this exercise is appropriate for you.

- Always warm up first: 5 minutes, low intensity which could be a brisk walk followed by some calf raises, basic squats and some light stretching (focus on legs and whatever feels good). It's also never a bad idea to do just a couple of laps on the stairs at a SLOW pace. This will wake up your muscles for what's ahead before you set your timer and start your program.
- Find a good set of stairs: Ideally with at least 20 steps, but use what you can that's accessible. We don't want you to quit before you've even started.
- Measure your progress: Record how many laps you complete in the specified time so you can see the improvement through the weeks
- Pace yourself: Slow and steady is the key or you'll be out of breath very quickly
- Use the hand rail (if available): No shame, it actually adds to your workout incorporating more upper body
- Consecutive days is a NO: Avoid climbing on consecutive days. Legs and lungs need recovery time.
- Cool down: We recommend a couple of minutes walking on flat ground and five minutes of stretching.

Submit completed forms to Spirit@crouse.org by 2/7 to be entered to win some Crouse swag and fun prizes.