



## Stair/Step Challenge

<b>WEEK 1</b>	1	2	3	4	5	6	7 WEEK ONE COMPLETE!
<b>WEEK 2</b>	8	9	10	11	12	13	14 WEEK TWO COMPLETE! You're halfway
<b>WEEK 3</b>	15	16	17	18	19	20	21 WEEK THREE COMPLETE!
<b>WEEK 4</b>	22	23	24	25	26	27	28 MISSION ACCOMPLISHED

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](mailto:Spirit@crouse.org) by 2/7 to be entered to win some Crouse swag and fun prizes.