

KONG-QUER the Stairs

Climb the Empire State Building

"Kong-quer the Stairs" Challenge Tracking Form

| DAY | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
|-------------------|---|---|---|---|---|---|---|---|---|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| Flights of stairs | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Name: _____

Email: _____

Phone: _____

Department: _____

Shift: AM or PM | Other: _____

Welcome to the "Kong-quer the Stairs" Challenge!

Your goal is to climb the stairs to the top of the Empire State Building! That would be 103 flights of stairs, or 3-4 flights of stairs a day for a month.

Directions:

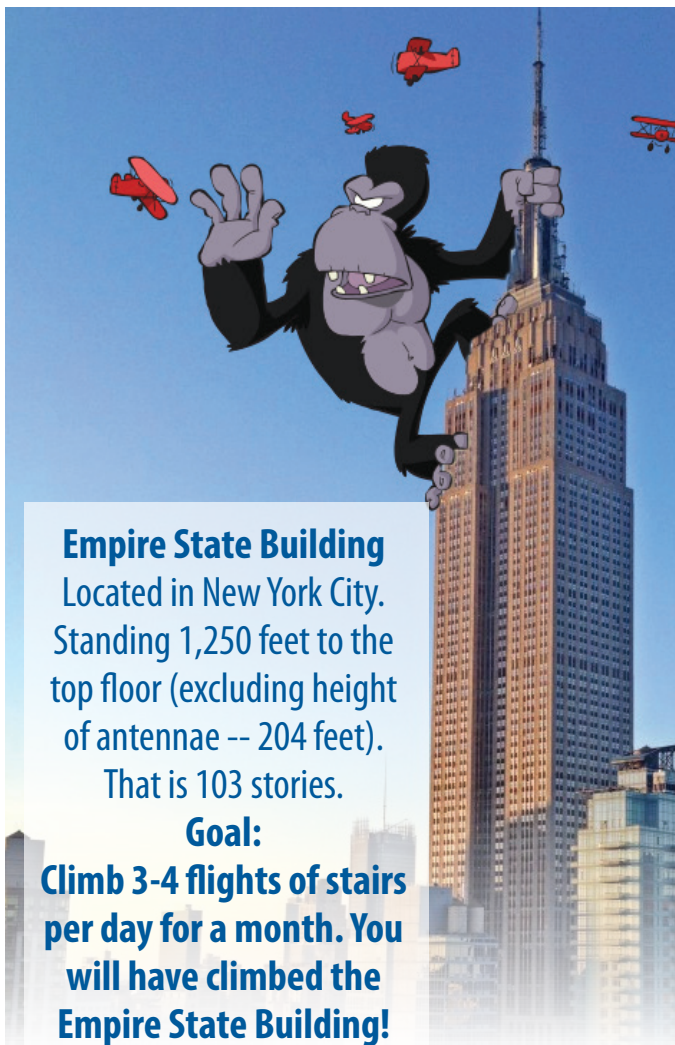
- 1) Start by signing the waiver on the back of this tracker, then begin the challenge on the first day of the month.
- 2) Record the number of flights of stairs you complete a day.
- 3) At the end, submit your tracker.

The intent of this is to help you get a free workout during the day. Change Your Life members will receive 200 Lifepoints!

Quick Facts:

- 1) Stair Climbing Burns More Calories Than Jogging
- 2) Stair Climbing Reduces the Risk of Stroke
- 3) Stair Climbing Strengthens Muscles

References: About Health.com :Preventing Obesity
 Zimring C, Joseph A, Nicoll GL, Tsepas S. Influences of building design and site design on physical activity: research and intervention opportunities. Am J Prev Med 2005;28:186-193.
 StepJockey. The science bit: evidence based results. Accessed at <https://www.stepjockey.com/stair-climbing-benefits> on August 8, 2014.
 Lee I, Paffenbarger RS. Physical activity and stroke incidence: the Harvard Alumni Health Study. Stroke 1998;29:2049-2054.
 Wen CP, Wai JPM, Tsai MK, Chen CH. Minimal amount of exercise to prolong life. JACC 2014;64:472-481.
<http://obesity.about.com/od/Preventing-Obesity/f/6-Reasons-to-Take-the-Stairs.htm>



Empire State Building
 Located in New York City.
 Standing 1,250 feet to the top floor (excluding height of antennae -- 204 feet).
 That is 103 stories.

Goal:
 Climb 3-4 flights of stairs per day for a month. You will have climbed the Empire State Building!



Waiver of Liability:

I desire to participate in Florida Hospital's "Kong-quer the Stairs Challenge" activity challenge.

I understand that the "Kong-quer the Stairs Challenge" program involves vigorous exercise and physical activities beyond what I may be accustomed to.

I understand that fitness activities such as those featured in the "Kong-quer the Stairs Challenge" program may result in participants suffering injury or even death.

I affirm that I am voluntarily participating in this activity challenge. I assume and accept any and all risk of loss, damages, and injury, up to and including death.

_____ **I understand that I should consult with my physician prior to commencing any new exercise program, including the "Kong-quer the Stairs Challenge" program.**

I hereby release Adventist Health Systems,; Florida Hospital DeLand, Florida Hospital Fish Memorial, Florida Hospital Flagler, Florida Hospital Memorial Medical Center, Florida Hospital Oceanside; Change Your Life Challenge, their employees, independent contractors, affiliates, agents, directors, officers, and other parties acting on their behalf from any and all liability for any injury, damage or loss that may arise from my participation in the "Kong-quer the Stairs Challenge" program.

Signed By: _____

Print Name: _____

Date: _____