



CATCHaFLIGHT<sup>SM</sup>

 selecthealth.

# CATCH a FLIGHT<sup>SM</sup>

Flight Tip:

**SKIP THE  
ELEVATOR  
AND TAKE A  
FLIGHT FOR  
FITNESS.**

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## Flight Tip:

### Benefits of taking the Stairs:

- Climbing just eight flights of stairs a day lowers mortality risk.
- Seven minutes of stair climbing a day can reduce the risk of heart attack.
- Just two minutes of extra stair climbing a day is enough to stop average middle-age weight gain.
- Stair climbing improves cardiovascular fitness. It's considered a 'vigorous' form of exercise and burns more calories per minute than jogging.

To participate in the program complete 300 flights of stairs in Quarter 1. Use the stair tracker to check off each flight you take. If you complete 300 flights of stairs you will earn 100 wellness points for the quarter.

Happy Stepping!

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## Stair Tracker

A flight is one floor of stairs with an average twelve steps. Use this tracker to complete 300 flights of stairs. Check off a box for each flight of stairs you take.

Name \_\_\_\_\_ Phone \_\_\_\_\_

