



## The State Employee Wellness Program Invites You to Take the "Stairway to the Mountains"

The *Stairway to the Mountains* is based on a simple idea. Instead of taking the elevator in a building, take the stairs. We often overlook this easy (and free) way to incorporate physical activity into our daily lives. Choosing the stairs is a quick way for people to be more active and stay healthy. Why not keep track and try and step the equivalent of a mountain(s) in the New Hampshire Presidential Range:

**Mt. Eisenhower (9,522 steps)**

**Mt. Madison (10,726 steps)**

**Mt. Monroe (10,770 steps)**

**Mt. Pierce (10,770 steps)**

**Mt. John Quincy Adams (10,820 steps)**

**Mt. Jefferson (11,430 steps)**

**Mt. (John) Adams (11,596 steps)**

**Mt. Washington (12,576 steps)**

### **How do employees and family members participate?**

Use the "Tracker Tool" on page 3 to keep track of how many steps you take each day. To be recognized for the mountain(s) you have stepped the equivalent of, you must submit a "Participant Recognition Form" on page 2.

### **Why participate in *Stairway to the Mountains*?**

We know that regular physical activity is an important part of enjoying a healthy lifestyle. It's frequently challenging to be physically active when our lives are so busy. For many of us, a natural reaction is to press the elevator button and not look for the stairs. Just as we are thinking about eating healthier, being tobacco free, and other healthy and safe lifestyle factors, taking the stairs should be a part of your everyday routine. Short intervals of physical activity - broken into 10 minute periods throughout the day - can contribute significantly to one's overall fitness and health.

### **So what's in it for me?**

It is good for your health! You will also receive a certificate recognizing your healthy achievement after submitting the Participant Recognition Form.



## **"Stairway to the Mountains"** **PARTICIPANT RECOGNITION FORM**

Name: \_\_\_\_\_

Department: \_\_\_\_\_

Agency: \_\_\_\_\_

Please select the mountain(s) you have stepped the equivalent of this quarter:

- Mt. Eisenhower (9,522 steps)**
- Mt. Madison (10,726 steps)**
- Mt. Monroe (10,770 steps)**
- Mt. Pierce (10,770 steps)**
- Mt. John Quincy Adams (10,820 steps)**
- Mt. Jefferson (11,430 steps)**
- Mt. (John) Adams (11,596 steps)**
- Mt. Washington (12,576 steps)**

Signature of participant: \_\_\_\_\_

Date: \_\_\_\_\_

\* By participating in the *Stairway to the Mountains*, I assume the risk of such activity, and agree to hold harmless the State of NH Wellness Program and staff members conducting the activity from any and all claims, suits, losses, or related causes of action for damages, including, but not limited to, such claims that may result from my injury. Consult with your Primary Care Physician before participating in any physical activity program such as the *Stairway to the Mountains*. Achieving enough steps to hike the equivalent of one of the NH Presidential Mountains as promoted in this program does not equate to the energy or time it takes to hike one of these mountains.

### **Every bit of physical activity counts!**

Health experts recommend that all adults get at least 30 minutes of moderate physical activity per day. This includes taking the stairs! So have fun - enjoy physical activity!

With this activity, document your steps on the **Tracker Tool**. If you do not want to count each step, count how many stairs in a flight or a particular time period and multiple it by the number of flights or minutes you do.

Once you have logged enough steps for one of the mountains, please start at step 1 if you are going to step the equivalent of another mountain. For example, if you do 9,522 steps for Mt. Eisenhower, then you need to take another 10,726 steps for the equivalent of Mt. Madison.

Participant Recognition Forms can be faxed, mailed or emailed to:

Risk Management Unit

Attention: Michael Loomis

25 Capital St. Room 412, Concord, NH 03301

Fax: 603-271-7049, or email [Michael.loomis@nh.gov](mailto:Michael.loomis@nh.gov)



## "Stairway to the Mountains" TRACKER TOOL

Date	Steps	Date	Steps
January 1	120 Steps		
January 3	6 flights of stairs = 70 steps		
January 5	10 minutes of stairs = 600 steps		
		Total:	

- Mt. Eisenhower (9,522 steps)**
- Mt. Madison (10,726 steps)**
- Mt. Monroe (10,770 steps)**
- Mt. Pierce (10,770 steps)**
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## **"Stairway to the Mountains"**

### **Additional Information**

#### **Stair Technique**

Proper, safe stair posture means leaning forward slightly from the hips with the back straight. At no time, should you be rounded in the lower back area. Look forward, glancing at the stairs from time to time but without looking down with your neck bent. Avoid over-straightening your knees as you step up. Place your whole foot on the step. Avoid stepping with your heels hanging off the edge because you can injure your Achilles tendon. When going down stairs, be sure to stand tall and shift weight to heel of foot. Bend your knees and do not hyperextend the leg. Use the hand railing for added stability.

#### **Alternatives when stairs are not available:**

- **Step up and down on an aerobic stepper (available for purchase where sporting/fitness goods are sold).**
- **Stair Climbing Machines\***
- **Walk briskly**
- **If you are unable to participate due to a health condition, please contact Mike Loomis at 271-4103 to discuss alternative activity**

\* Don't forget about the Home Exercise Equipment Reimbursement Program. State of NH HMO members are eligible to receive reimbursement for up to \$200 per subscriber contract per calendar year (January 1 - December 31) for the purchase of one piece of home exercise equipment that provides a cardiovascular/muscular total body workout, this includes stair climbing machines. State of NH HMO members are also eligible for up to \$450 per subscriber contract per calendar year (January 1 - December 31) that have not already taken advantage of the \$200 Home Equipment Reimbursement (explained above) within the same calendar year. Remember to consult with your Physician before starting any aerobic activity or program.

#### **DID YOU KNOW!**

**10 minutes of stairs = approximately 100 calories burned!!!**

**If you do 10 minutes of stairs each day for a year, you'll burn approximately 10 pounds in a year!!!**