



The NH 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. Instead of sitting while watching your favorite TV show, step up and down on an aerobic stepper. We often overlook this easy (and free) way to incorporate physical activity into our 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)

The State Wellness Program will recognize participants each quarter that step the equivalent of a mountain(s) with certificates and recognition on the State Wellness website and will be entered into a drawing for a free NH State Park pass.

How do employees and family members participate?

Use the "Tracker Tool" on page 4 of this packet to keep track of how many stairs you take each day. To be recognized for the mountain(s) you have stepped the equivalent of each quarter, you must complete a "Participant Recognition Form" on page 3 of this packet by the following dates to be recognized among the quarterly recognition:

2nd Quarter (4/1-6/30) Recognition: Turn in form by July 15th

3rd Quarter (7/1-9/30) Recognition: Turn in form by October 15th

4th Quarter (10/1-12/31) Recognition: Turn in form by January 15th

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

Michael Loomis, Wellness Program Specialist

25 Capital St. Room 412, Concord, NH 03301

Fax: 603-271-7049, or email Michael.loomis@nh.gov

Why participate in the *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 differently about the food we eat and changing other lifestyle habits, taking the stairs should be a part of our 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.

Participating in the *Stairway to the Mountains* is a fun, easy way to stay healthy. Research shows that regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. A recent study by the Centers for Disease Control and Prevention found that stairwell use is a lifestyle choice that helps increase overall physical activity.

Questions? Contact Michael Loomis, State Wellness Program Specialist at 271-4103 or Michael.loomis@nh.gov



"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. If stairs are not available, review the **Information Handout** for stair alternatives to track.

Participants must turn in this **Recognition Form** by the following dates to be recognized among the quarterly announcements:

- 2nd Quarter (4/1-6/30): July 15th
- 3rd Quarter (7/1-9/30): October 15th
- 4th Quarter (10/1-12/31): January 15th

IMPORTANT! Please send this recognition form to
michael.loomis@nh.gov or fax (603) 271-7049
Thank you!



"Stairway to the Mountains" TRACKER TOOL

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

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

INFORMATION HANDOUT

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**

* 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. Most gyms/fitness facilities should have a stair climbing machine. POS members are not eligible for either of these benefits. Remember to consult with your Physician before starting any aerobic activity or program.

DID YOU KNOW!

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

AND

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