

# Stair Climber



Conquer 10 flights of stairs per day over the next 31 days. Climbing stairs is a simple and rewarding form of exercise — you'll burn calories fast and strengthen your lower body muscles. Plus, they're free to use and in most office buildings and homes.

You must go up!



**BlueCross BlueShield  
of Western New York**

**ABC/Amega**

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## FITNESS

Days 1–31 (check off as you go)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
27	28	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	1	2

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

Source: "101 Challenges: Become the Best You," Tad Mitchell  
(WellRight, Inc. 2017).