Published on *University of Colorado* (https://www.cu.edu)

Fight for Air Climb [1]

Fight for Air Climb - Team "CU at the Top"

System Staff Council is forming a team to take part in the American Lung Association Fight for Air Climb.

The event will take place on Sunday, February 26, 2017. The exact time will be announced closer to the day of the event.

Location:

> Republic Plaza
> 370 17th St
> Denver, CO 80202

Visit our team webpage [2] to join the "CU at the Top" team for University of Colorado System, or to donate to our team.

Note: Registration for the event costs $35 per person. There is a minimum $100 fundraising threshold for each team member.

30-Day Stair Climbing Challenge

If you are not planning to participate in the Fight for Air Climb, or if you are looking for a training guide, you can join the 30-Day Stair Climbing Challenge that runs January 26 - February 24, 2017. All you need to do is climb an average of 157 stairs a day (approximately 1,098 steps per week - which equals the number of stairs in Republic Plaza). Fill in the form with the number of stairs you climb each day and email the completed form to ssc-health-wellness@cu.edu [3]. All who complete the challenge will receive a certificate. There will be a small prize for the individual who climbs the most stairs.

You can use any stairs for this challenge, just as long as they are real stairs - please don't count steps taken on a stair-climbing machine.

Download the 30-Day Stair Climbing Challenge form below.

Attachments:
stair-challenge-form-2017.pdf [4]
Groups audience:
System Staff Council

Source URL:https://www.cu.edu/ssc/fight-air-climb

Links

[1] https://www.cu.edu/ssc/fight-air-climb
[2] http://action.lung.org/site/TR/Climb/ALASW_Southwest?pg=entry&fr_id=16129
[3] mailto:ssc-health-wellness@cu.edu [4] https://www.cu.edu/doc/stair-challenge-form-2017pdf