Looking for an easy way to get/stay in shape? Look no further than the stairs!

From May 12th to June 6th, the ***Cannon Building Wellness Council*** is sponsoring the **StairWELL Campaign** - a simple program designed to help you take the stairs more often.

Keep track of those flights climbed UP, record your numbers and turn in your weekly slips and you will be entered in to our ***drawings for Prizes and Administrative Leave!***

Drawings for this campaign include:

- ***"I Spy The Exercise Guy"*** (Prize-UDOH Watches)
  Back by popular demand this drawing will be held again. Keep your eyes open for him throughout the building (hint: this *is* called StairWELL for a reason!). When you do find him, look for the entry box and enter your name and where you saw him. (forms will be at the box) The drawing box will be located in a different stairwell each week. **You will have to find the guy and the box**! You need to have your entry in by **Friday at noon!!** We will draw Friday afternoon and send out an announcement/email the following Monday.

- ***Weekly Participation*** (Prize- 2 Hours Admin Leave)
  Make sure to turn in your weekly tracking slips (more info on those at the end of this document) in the box in Brett's Cube every **Tuesday-by noon**-for the previous week. The drawing will be held Tuesday afternoon and the winner announced Wednesday. (This entry will also enter you into the "Peaks Reached" drawing)

- ***Peaks Reached*** (Prize- 5, 4, 3, 2, 1 Hours of Admin Leave)
  This drawing, actually one drawing for each peak, will occur twice, (week 2 and week 4)

  Each of the five peaks**: Ensign, Grandeur, Mt. Olympus, Twin and Kings** have a specific designation of stairs you must climb to reach that peak. (Time frame for drawing and announcing the winner will be the same as the weekly participation drawing.)

Continued…..

Sign up by visiting Brett McIff's Cube

Brett's cube is located on the 2nd Floor on the southwest side (Health Promotion Area). You will see a sign hanging from the ceiling.

There you will complete a quick survey and pick up **TWO** tracking forms, 1 with the mountain graphic (Mountain Tracking Form) and one which you will transfer your weekly numbers to (Slip Form), tear off and turn in. You must fill out a survey to participate!!

As you begin the program you will mark the number of flights you climb each day **(Monday-Friday ONLY!!)** by filling in the circles on the Mountain tracking form.

1 flight of stairs = going from floor to floor
1 flight = 1 circle

At the end of each week you will count up the number of circles you filled in and record in the weekly space on your tracking slip form, ***cut the bottom portion off only*** and turn in. If you have climbed enough flights of stairs to reach a peak, please write that peak on your tracking slip that you turn in each week.

REMEMBER: Each week builds upon the week before. For example:

Week one: 10 flights
Week two: 30 flights (20 flights for week 2 + 10 fights for week 1)

You will be entered into the highest peak you qualify for. One peak per person.

Taking the stairs is an easy and energizing way to get some activity into your day. Visit Brett to sign up and be on your way to better health!

If you have questions after you pick up your forms email the Wellness Council at:

HLWELLNESSCOUNCIL@utah.gov

Thanks,
The Cannon Building Wellness Council