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Chapter 1

Introduction

What is The Skyscraper Climb?

The Skyscraper Climb is an on-going program to encourage physical activity among employees through stair climbing. The goal of the program is for participants to climb the number of flights of stairs in 12 of the tallest buildings in the United States. By the end of The Skyscraper Climb, participants will have climbed a total of 981 flights.

The Skyscraper Climb is designed to be used in two ways:

- to encourage the switch from using the elevator to taking the stairs and
- as an exercise program for participants to use before or after work or during the lunch hour.

The Skyscraper Climb makes it simple to add physical activity to anyone's lifestyle. A stair climbing program is accessible and convenient, and participants can climb at their own pace, at any time.

Chapter 2

Coordinator's Guide

- Set date to begin The Skyscraper Climb.
- Set date, time, and location for kick-off event.
 - Plan to have a speaker or demonstration (stretching, proper attire...) at the kick-off.
 - Start The Skyscraper Climb by having all participants climb the first flight together.
- Advertise the program to raise awareness.
 - Send memos.
 - Post flyers.
 - Write emails.
- Develop procedures for turning in logs and giving incentive prizes.
- Order incentive gifts.
 - Make sure they are appropriate.
 - Vary the incentives to keep participants interested.
- Charge a participation fee to pay for incentives.
- Schedule educational programs about physical activity periodically to give participants supplemental information, and an opportunity to ask questions, and to keep them up to date.
- Organize registration materials and a registration time.
 - Distribute release forms.
 - Collect fees and give receipts.
 - Distribute program materials.
- Start a lunchtime climbing club.
- End the program.
 - Collect materials from participants.
 - Administer certificates.

Chapter 3

Sample Bulletin Board

Messages

Skyscraper Climb

The Skyscraper Climb is an on-going program to encourage physical activity at the workplace through stair climbing. A log is kept and incentives are given.

The goal of the program is for participants to climb the number of flights in 12 of the tallest buildings in the country, a total of 981 flights.

There is a minimal fee. The money will be used to purchase incentive items.

At the kick-off event on April 6, educational materials and program packets will be distributed.

We will also form a lunchtime climbing club for interested participants.

Contact Michelle Parker at x6407 to register for The Skyscraper Climb or for more information.

Start Climbing!

Do you want to get in shape, but you just don't have time? Sign up for The Skyscraper Climb. The Skyscraper Climb is a stair climbing program that makes it easy to fit exercise into your work day!

All you have to do is go up the stairs instead of the elevator and keep track of how many flights you climb!

As you climb some of the tallest buildings in the country, you will earn points. You can trade in your points at any time for a choice of incentive items.

Start The Skyscraper Climb! You will look better and feel better!

Call the Wellness Program at x6407 to sign up.

Chapter 4

Participant Guide

Exercise does not have to be another item on your to do list! The Skyscraper Climb, a stair climbing program that you can easily fit into your workday, makes it simple to add physical activity to your busy lifestyle.

The Skyscraper Climb is an on-going program designed to promote physical activity through stair climbing.

The program is based on 12 of the tallest buildings around the country. The goal is to climb the total number of flights of stairs in these buildings, a total of 981 flights.

Begin by choosing a building to start with. Climb the number of flights in that building and check them off on the corresponding worksheet. **Only count the flights that you travel up, not down.** When you finish that skyscraper, start climbing the next one.

What are the incentives?

- Each participant will receive a participant packet consisting of:
 - educational information on physical activity
 - a stair climbing pamphlet with supplemental exercises, stretches, and safety tips
 - a packet of log sheets to track your stair climbing
- Participants will be awarded a certain number of points for each building completed.
- Participants can accumulate points or trade them in at any time for a choice of the items listed on the next page.

Building	# of Flights	Points
Atlanta, NationsBank Plaza	55	2
Pittsburgh, USX Tower	64	2
Houston, Transco Tower	64	2
Dallas, NationsBank Tower	73	3
Los Angeles, Library Tower	73	3
San Antonio, Tower of Americas	75	3
Seattle, Columbia Center	76	3
Chicago, Amoco Oil Tower	80	3
Chicago, John Hancock Center	100	5
New York, Empire State Building	100	5
Chicago, Sears Tower	110	5
New York, World Trade Center	110	5

Incentive	Points
Information about skyscrapers	4
Calendar	9
Water Bottle	15
Coffee Mug	21
T-Shirt	31
Massage	41

What do I need to do to participate?

- Register for the program.
 - Since this is an on-going program, you can begin at any time. Contact the Wellness Program when you are ready to register.
 - Pay the \$5 participation fee and complete the payment form when you pick up your Participant Packet. The fee will be used to purchase incentive items.
 - Complete the TDH Participation in State Agency form.
 - Complete the Physical Fitness Readiness Questionnaire.
 - Complete the Pre-Test Evaluation.

- Keep track of the flights you climb up.
 - One flight of stairs is from one floor to the next, about 20 steps.
 - Only count the flights you climb **up**.
 - As you finish each building, turn in your tracking sheets to G-408 to earn points toward incentive items.
 - Once you have accumulated enough points for the incentive item you choose, turn your points in to the Wellness Program to claim your prize.

- Start climbing and have fun!
 - Take the stairs instead of the elevator.
 - Climb a few flights on breaks, during lunch, or before and after work.

- For more information contact:
 - Brett Spencer at 458-7111 ext.2065 or
 - Michelle Parker at 458-7111 ext.6407

Chapter 5

Release Form

TDH WELLNESS PROGRAM

Physical Fitness Readiness Questionnaire

This survey will help you determine if you are ready to participate in a vigorous physical activity program and if you might benefit from medical evaluation before starting such a program. For most people physical activity should not pose any problem or hazard. This questionnaire will help identify those small number of adults for whom vigorous physical activity might be inappropriate or for those people who should have medical advice about the kinds of activities or intensity levels most suitable for them. Common sense is the best guide in answering these questions. Please read them carefully and check either yes or no for each one.

- YES ___ NO ___ 1. Has your doctor ever said you have heart trouble?
- YES ___ NO ___ 2. Have you ever had chest pain or heavy pressure in your chest as a result of exercise, walking, or other physical activity such as climbing a flight of stairs? (This does not include the normal out-of-breath feeling that results from vigorous exercise.)
- YES ___ NO ___ 3. Do you often feel faint or experience severe dizziness?
- YES ___ NO ___ 4. Has a doctor ever told you that you have high blood pressure or diabetes?
- YES ___ NO ___ 5. Have you ever had a real or suspected heart attack or stroke?
- YES ___ NO ___ 6. Do you have any physical condition, impairment or disability, including any joint or muscle problem, that should be considered before you begin an exercise program?
- YES ___ NO ___ 7. Have you ever taken medication to reduce your blood pressure or your cholesterol levels?
- YES ___ NO ___ 8. Are you excessively overweight?
- YES ___ NO ___ 9. Is there any good physical reason not mention here why you should not follow an activity program even if you wanted to?
- YES ___ NO ___ 10. Are you over age 35 and not accustomed to vigorous exercise?
- YES ___ NO ___ 11. Are you pregnant?

If you answered YES to one or more questions, and if you have not recently done so, consult with your doctor by phone or in person **BEFORE** starting an exercise program. Ask your doctor if you may participate in:

- 1) unrestricted physical activity on a gradually increasing basis or 2) restricted activity to meet your specific needs.

If you answered **NO** to **All** questions, you have reasonable assurance that you may begin a graduated exercise program or have an exercise test.

OVER

TDH WELLNESS PROGRAM

Participation in State Agency Fitness Program

The undersigned desires to voluntarily participate in the programs and/or use the facilities and equipment provided by the State of Texas, through the Texas Department of Health (TDH) for the purpose of personal fitness. In consideration of the right and privilege of being permitted to participate in these programs and/or to have access to and the use of said facilities and equipment, the:

_____ undersigned does hereby agree to the conditions set forth herein and acknowledges that the voluntary participation in the aforementioned programs and/or access to and use of facilities and equipment is not a condition of employment, is not related to his or her employment and therefore, the undersigned's participation in the aforesaid programs and/or use of facilities and equipment, should any injury occur, will not be covered by worker's compensation.

_____ undersigned acknowledges that he or she is fully aware that there are risks for certain individuals participating in activities involving physical exertion.

_____ undersigned affirmatively acknowledges that he or she has obtained independent medical approval, or satisfactorily completed the Physical Fitness Readiness Questionnaire provided by TDH, prior to participating in these programs and/or using these facilities and equipment, for any activities involving physical exertion and has no knowledge of any physical condition or disease which would preclude his or her participation in these programs and/or use of these facilities or equipment.

_____ undersigned specifically agrees to withdraw from the programs and/or discontinue use of these facilities and equipment should he or she become aware by any means whatsoever that participation is medically contraindicated.

_____ undersigned agrees to notify the building manager and/or wellness/fitness coordinator if he or she detects any hazards or defects in any of the facilities or equipment to which he or she is allowed access for these activities.

_____ undersigned agrees to accept full responsibility for any injuries sustained while participating in a fitness program or using facilities and equipment made available for that purpose if he or she fails to meet the conditions described herein under which access to and use of the programs, facilities and/or equipment is being allowed.

In executing the foregoing, the undersigned acknowledges and affirms that he or she has carefully read the same and has obtained a satisfactory explanation of any part thereof that he or she does not understand.

Participant's Signature

Date

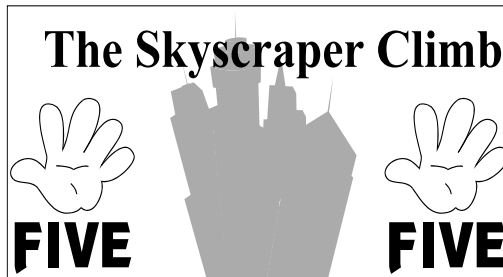
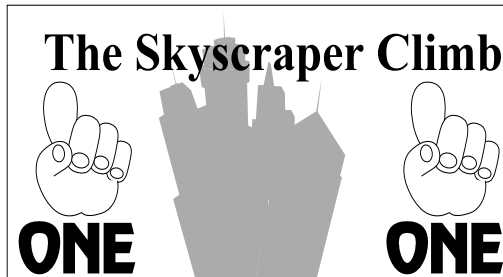
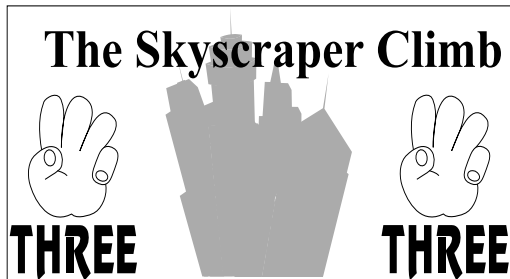
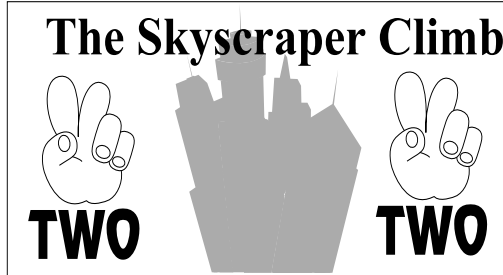
Chapter 6

Incentive Items and Point Money

Upon completion of each building, participants will be awarded a certain number of points, depending on the number of floors in each building. Participants can accumulate points or trade them in at any time for a choice of the incentive items listed below. Of course some of these items are worth more points than others.

Items	Points
postcards/information about skyscrapers	4
calendar	9
water bottle	15
coffee mug	21
t-shirt	31
massage	41

Buildings	Points
Atlanta, NationsBank Plaza	2
Pittsburgh, USX Tower	2
Houston, Transco Tower	2
Dallas, NationsBank Tower	3
Los Angeles, Library Tower	3
San Antonio, Tower of Americas	3
Seattle, Columbia Center	3
Chicago, Amoco Oil Tower	3
Chicago, John Hancock Center	5
New York, Empire State Building	5
Chicago, Sears Tower	5
New York, World Trade Center	5



Chapter 7

Supplemental Information

Moderate activity is good for you!

Believe it or not, you can substantially improve your health and quality of life by including moderate amounts of physical activity in your daily life.

Recommendations from experts agree that for better health, physical activity should be performed regularly. The most recent recommendations advise people of all ages to include a minimum of 30 minutes of physical activity of moderate intensity (such as brisk walking) on most, if not all, days of the week. It is also acknowledged that for most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or of longer duration.

As the examples listed below show, a moderate amount of physical activity can be achieved in a variety of ways. People can select activities that they enjoy and that fit into their daily lives. Because amount of activity is a function of duration, intensity, and frequency, the same amount of activity can be obtained in longer sessions of moderately intense activities (such as brisk walking) as in shorter sessions of more strenuous activities (such as running). Here is a list of some activities you might enjoy:

- Washing and waxing a car for 45-60 minutes
- Washing windows or floors for 45-60 minutes
- Playing volleyball for 45 minutes
- Playing touch football for 30-45 minutes
- Gardening for 30-45 minutes
- Wheeling self in wheelchair for 30-40 minutes
- Walking 1 3/4 miles in 35 minutes (20 min/mile)
- Basketball (shooting baskets) for 30 minutes
- Bicycling 5 miles in 30 minutes
- Dancing fast (social) for 30 minutes
- Pushing a stroller 1 1/2 miles in 30 minutes
- Raking leaves for 30 minutes
- Walking 2 miles in 30 minutes (15 min/mile)
- Water aerobics for 30 minutes

- Swimming laps for 20 minutes
- Wheelchair basketball for 20 minutes
- Basketball (playing a game) for 15-20 minutes
- Bicycling 4 miles in 15 minutes
- Jumping rope for 15 minutes
- Running 1 1/2 miles in 15 minutes (10 min/mile)
- Shoveling snow for 15 minutes
- Stair walking for 15 minutes

What is my target heart rate?

To experience health and fitness benefits, you should exercise at your target heart rate. Your target heart rate is usually between 60% and 80% of your maximum heart rate.

Find your target heart rate zone.

$$220 - \frac{\quad}{(\text{Age})} = \frac{\text{N}}{\quad}$$

$$\frac{\text{N}}{\quad} \times 60\% = \frac{\text{A}}{\quad}$$

$$\frac{\text{N}}{\quad} \times 80\% = \frac{\text{B}}{\quad}$$

Your target zone is

$$\frac{\text{A}}{\quad} - \frac{\text{B}}{\quad}$$

You should monitor your heart rate when exercising to make sure you are in your target zone by taking your pulse after 5-10 minutes of exercise. Measure your pulse at your wrist or carotid artery for 15 seconds and then multiply by 4 to get your heart rate in beats per minute.

$$\frac{\quad}{15 \text{ second pulse}} \times 4 = \frac{\quad}{\text{heart rate in bpm}}$$

Age	Maximum Heart Rate	Target Zone
20	200	120-160
25	195	117-156
30	190	114-152
35	185	111-148
40	180	108-144

45	175	105-140
50	170	102-136
55	165	99-132
60	120	96-128
65	155	93-124
70	150	90-120

Measure Your Progress

If you want to measure your stair climbing progress, here is a step test that you can do yourself.

The Three Minute Step Test is a test used to determine fitness levels. It is a simple test to perform and interpret results.

- What materials do you need?
 - 12 inch bench (available in the fitness room)
 - stop watch
 - a partner
- How do you perform the test?
 - Step up with right foot. Step up with left foot. Step down with right foot. Step down with left foot.
 - Do this for three minutes at 24 steps per minute (a full step cycle every 2.5 seconds)
 - After three minutes of stepping, wait five seconds and take your pulse for one minute.
 - Estimate your fitness level using this chart.

Fitness Rating	Beats per minute (male)	Beats per minute (female)
Superior	69	74
Excellent	70-78	75-83
Good	79-87	84-92
Average	88-99	93-103
Fair	100-107	104-112
Poor	108-115	113-121
Very Poor	116	122

You should take the step test before you begin The Skyscraper Climb and then periodically to see if your fitness level has improved.

Why should I exercise?

There are so many reasons to become physically active! Here are just a few to get you moving.

- Physical activity increases:
 - lean body mass
 - heart and lung function
 - flexibility
 - bone density
 - strength
- Physical activity decreases:
 - disease risk
 - blood pressure
 - body fat
 - anxiety and depression
 - stress

Other Reasons I want to exercise:

1. _____
2. _____
3. _____
4. _____
5. _____

Chapter 8 Skyscraper Climb Packet

Houston
Transco Tower
2800 Post Oak Blvd.
64 Flights



Transco Tower

Directions: Keep track of the flights you climb by checking them off on this worksheet. Only count the flights that you travel UP, not down. When you finish climbing to the top of this skyscraper move on to the next major city.

- | | | | |
|--------|--------|--------|--------|
| ___ 16 | ___ 32 | ___ 48 | ___ 64 |
| ___ 15 | ___ 31 | ___ 47 | ___ 63 |
| ___ 14 | ___ 30 | ___ 46 | ___ 62 |
| ___ 13 | ___ 29 | ___ 45 | ___ 61 |
| ___ 12 | ___ 28 | ___ 44 | ___ 60 |
| ___ 11 | ___ 27 | ___ 43 | ___ 59 |
| ___ 10 | ___ 26 | ___ 42 | ___ 58 |
| ___ 9 | ___ 25 | ___ 41 | ___ 57 |
| ___ 8 | ___ 24 | ___ 40 | ___ 56 |
| ___ 7 | ___ 23 | ___ 39 | ___ 55 |
| ___ 6 | ___ 22 | ___ 38 | ___ 54 |
| ___ 5 | ___ 21 | ___ 37 | ___ 53 |
| ___ 4 | ___ 20 | ___ 36 | ___ 52 |
| ___ 3 | ___ 19 | ___ 35 | ___ 51 |
| ___ 2 | ___ 18 | ___ 34 | ___ 50 |
| ___ 1 | ___ 17 | ___ 33 | ___ 49 |

Houston
Transco Tower
2 points

Dallas

NationsBank Tower

901 Main Street
72 Flights



Directions: Keep track of the flights you climb by checking them off on this worksheet. Only count the flights that you travel UP, not down. When you finish climbing to the top of this skyscraper move on to the next major city.

- | | | | |
|--------|--------|--------|--------|
| ___ 18 | ___ 36 | ___ 54 | ___ 72 |
| ___ 17 | ___ 35 | ___ 53 | ___ 71 |
| ___ 16 | ___ 34 | ___ 52 | ___ 70 |
| ___ 15 | ___ 33 | ___ 51 | ___ 69 |
| ___ 14 | ___ 32 | ___ 50 | ___ 68 |
| ___ 13 | ___ 31 | ___ 49 | ___ 67 |
| ___ 12 | ___ 30 | ___ 48 | ___ 66 |
| ___ 11 | ___ 29 | ___ 47 | ___ 65 |
| ___ 10 | ___ 28 | ___ 46 | ___ 64 |
| ___ 9 | ___ 27 | ___ 45 | ___ 63 |
| ___ 8 | ___ 26 | ___ 44 | ___ 62 |
| ___ 7 | ___ 25 | ___ 43 | ___ 61 |
| ___ 6 | ___ 24 | ___ 42 | ___ 60 |
| ___ 5 | ___ 23 | ___ 41 | ___ 59 |
| ___ 4 | ___ 22 | ___ 40 | ___ 58 |
| ___ 3 | ___ 21 | ___ 39 | ___ 57 |
| ___ 2 | ___ 20 | ___ 38 | ___ 56 |
| ___ 1 | ___ 19 | ___ 37 | ___ 55 |

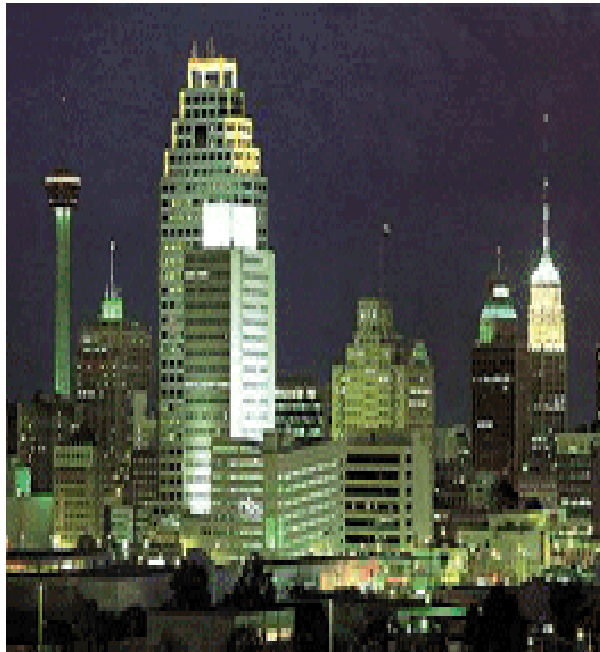
Dallas
NationsBank Tower
3 points

San Antonio

Tower of Americas

600 Hemisfair Park

75 Floors



Directions: Keep track of the flights you climb by checking them off on this worksheet. Only count the flights that you travel UP, not down. When you finish climbing to the top of this skyscraper move on to the next major city.

- | | | | | |
|--------|--------|--------|--------|--------|
| ___ 15 | ___ 30 | ___ 45 | ___ 60 | ___ 75 |
| ___ 14 | ___ 29 | ___ 44 | ___ 59 | ___ 74 |
| ___ 13 | ___ 28 | ___ 43 | ___ 58 | ___ 73 |
| ___ 12 | ___ 27 | ___ 42 | ___ 57 | ___ 72 |
| ___ 11 | ___ 26 | ___ 41 | ___ 56 | ___ 71 |
| ___ 10 | ___ 25 | ___ 40 | ___ 55 | ___ 70 |
| ___ 9 | ___ 24 | ___ 39 | ___ 54 | ___ 69 |
| ___ 8 | ___ 23 | ___ 38 | ___ 53 | ___ 68 |
| ___ 7 | ___ 22 | ___ 37 | ___ 52 | ___ 67 |
| ___ 6 | ___ 21 | ___ 36 | ___ 51 | ___ 66 |
| ___ 5 | ___ 20 | ___ 35 | ___ 50 | ___ 65 |
| ___ 4 | ___ 19 | ___ 34 | ___ 49 | ___ 64 |
| ___ 3 | ___ 18 | ___ 33 | ___ 48 | ___ 63 |
| ___ 2 | ___ 17 | ___ 32 | ___ 47 | ___ 62 |
| ___ 1 | ___ 16 | ___ 31 | ___ 46 | ___ 61 |

San Antonio
Tower of Americas
3 Points

New York
Empire State Building
350 Fifth Avenue
102 Floors



Directions: Keep track of the flights you climb by checking them off on this worksheet. Only count the flights that you travel UP, not down. When you finish climbing to the top of this skyscraper move on to the next major city.

___ 17	___ 34	___ 51	___ 68	___ 85	___ 102
___ 16	___ 33	___ 50	___ 67	___ 84	___ 101
___ 15	___ 32	___ 49	___ 66	___ 83	___ 100
___ 14	___ 31	___ 48	___ 65	___ 82	___ 99
___ 13	___ 30	___ 47	___ 64	___ 81	___ 98
___ 12	___ 29	___ 46	___ 63	___ 80	___ 97
___ 11	___ 28	___ 45	___ 62	___ 79	___ 96
___ 10	___ 27	___ 44	___ 61	___ 78	___ 95
___ 9	___ 26	___ 43	___ 60	___ 77	___ 94
___ 8	___ 25	___ 42	___ 59	___ 76	___ 93
___ 7	___ 24	___ 41	___ 58	___ 75	___ 92
___ 6	___ 23	___ 40	___ 57	___ 74	___ 91
___ 5	___ 22	___ 39	___ 56	___ 73	___ 90
___ 4	___ 21	___ 38	___ 55	___ 72	___ 89
___ 3	___ 20	___ 37	___ 54	___ 71	___ 88
___ 2	___ 19	___ 36	___ 53	___ 70	___ 87
___ 1	___ 18	___ 35	___ 52	___ 69	___ 86

New York
 Empire State Building
 5 points

New York World Trade Center One World Trade Center 110 Floors



Directions: Keep track of the flights you climb by checking them off on this worksheet. Only count the flights that you travel UP, not down. When you finish climbing to the top of this skyscraper move on to the next major city.

- | | | | | |
|--------|--------|--------|--------|---------|
| ___ 22 | ___ 44 | ___ 66 | ___ 88 | ___ 110 |
| ___ 21 | ___ 43 | ___ 65 | ___ 87 | ___ 109 |
| ___ 20 | ___ 42 | ___ 64 | ___ 86 | ___ 108 |
| ___ 19 | ___ 41 | ___ 63 | ___ 85 | ___ 107 |
| ___ 18 | ___ 40 | ___ 62 | ___ 84 | ___ 106 |
| ___ 17 | ___ 39 | ___ 61 | ___ 83 | ___ 205 |
| ___ 16 | ___ 38 | ___ 60 | ___ 82 | ___ 104 |
| ___ 15 | ___ 37 | ___ 59 | ___ 81 | ___ 103 |
| ___ 14 | ___ 36 | ___ 58 | ___ 80 | ___ 102 |
| ___ 13 | ___ 35 | ___ 57 | ___ 79 | ___ 101 |
| ___ 12 | ___ 34 | ___ 56 | ___ 78 | ___ 100 |
| ___ 11 | ___ 33 | ___ 55 | ___ 77 | ___ 99 |
| ___ 10 | ___ 32 | ___ 54 | ___ 76 | ___ 98 |
| ___ 9 | ___ 31 | ___ 53 | ___ 75 | ___ 97 |
| ___ 8 | ___ 30 | ___ 52 | ___ 74 | ___ 96 |
| ___ 7 | ___ 29 | ___ 51 | ___ 73 | ___ 95 |
| ___ 6 | ___ 28 | ___ 50 | ___ 72 | ___ 94 |
| ___ 5 | ___ 27 | ___ 49 | ___ 71 | ___ 93 |
| ___ 4 | ___ 26 | ___ 48 | ___ 70 | ___ 92 |
| ___ 3 | ___ 25 | ___ 47 | ___ 69 | ___ 91 |
| ___ 2 | ___ 24 | ___ 46 | ___ 68 | ___ 90 |
| ___ 1 | ___ 23 | ___ 45 | ___ 67 | ___ 89 |

New York
World Trade Center
5 points

Chicago

Amoco Oil Tower

200 E. Randolph
80 Floors

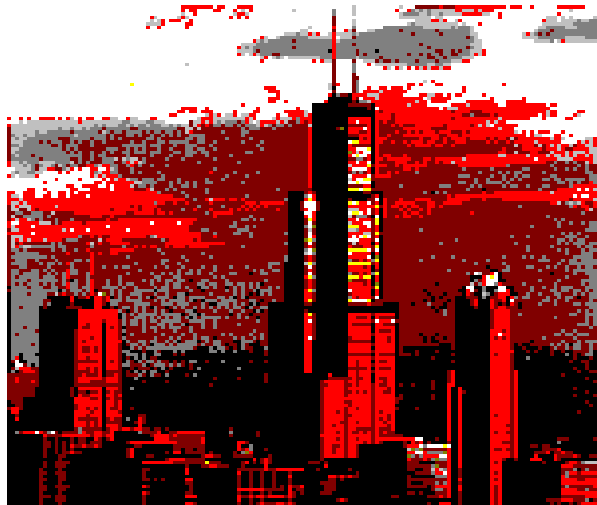


Directions: Keep track of the flights you climb by checking them off on this worksheet. Only count the flights that you travel UP, not down. When you finish climbing to the top of this skyscraper move on to the next major city.

___ 20	___ 40	___ 60	___ 80
___ 19	___ 39	___ 59	___ 79
___ 18	___ 38	___ 58	___ 78
___ 17	___ 37	___ 57	___ 77
___ 16	___ 36	___ 56	___ 76
___ 15	___ 35	___ 55	___ 75
___ 14	___ 34	___ 54	___ 74
___ 13	___ 33	___ 53	___ 73
___ 12	___ 32	___ 52	___ 72
___ 11	___ 31	___ 51	___ 71
___ 10	___ 30	___ 50	___ 70
___ 9	___ 29	___ 49	___ 69
___ 8	___ 28	___ 48	___ 68
___ 7	___ 27	___ 47	___ 67
___ 6	___ 26	___ 46	___ 66
___ 5	___ 25	___ 45	___ 65
___ 4	___ 24	___ 44	___ 64
___ 3	___ 23	___ 43	___ 63
___ 2	___ 22	___ 42	___ 62
___ 1	___ 21	___ 41	___ 61

Chicago
Amoco Oil Tower
3 points

Chicago
Sears Tower
233 S. Wacker
110 Floors

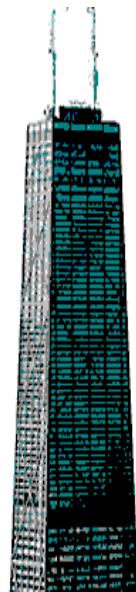


Directions: Keep track of the flights you climb by checking them off on this worksheet. Only count the flights that you travel UP, not down. When you finish climbing to the top of this skyscraper move on to the next major city.

- | | | | | |
|--------|--------|--------|--------|---------|
| ___ 22 | ___ 44 | ___ 66 | ___ 88 | ___ 110 |
| ___ 21 | ___ 43 | ___ 65 | ___ 87 | ___ 109 |
| ___ 20 | ___ 42 | ___ 64 | ___ 86 | ___ 108 |
| ___ 19 | ___ 41 | ___ 63 | ___ 85 | ___ 107 |
| ___ 18 | ___ 40 | ___ 62 | ___ 84 | ___ 106 |
| ___ 17 | ___ 39 | ___ 61 | ___ 83 | ___ 205 |
| ___ 16 | ___ 38 | ___ 60 | ___ 82 | ___ 104 |
| ___ 15 | ___ 37 | ___ 59 | ___ 81 | ___ 103 |
| ___ 14 | ___ 36 | ___ 58 | ___ 80 | ___ 102 |
| ___ 13 | ___ 35 | ___ 57 | ___ 79 | ___ 101 |
| ___ 12 | ___ 34 | ___ 56 | ___ 78 | ___ 100 |
| ___ 11 | ___ 33 | ___ 55 | ___ 77 | ___ 99 |
| ___ 10 | ___ 32 | ___ 54 | ___ 76 | ___ 98 |
| ___ 9 | ___ 31 | ___ 53 | ___ 75 | ___ 97 |
| ___ 8 | ___ 30 | ___ 52 | ___ 74 | ___ 96 |
| ___ 7 | ___ 29 | ___ 51 | ___ 73 | ___ 95 |
| ___ 6 | ___ 28 | ___ 50 | ___ 72 | ___ 94 |
| ___ 5 | ___ 27 | ___ 49 | ___ 71 | ___ 93 |
| ___ 4 | ___ 26 | ___ 48 | ___ 70 | ___ 92 |
| ___ 3 | ___ 25 | ___ 47 | ___ 69 | ___ 91 |
| ___ 2 | ___ 24 | ___ 46 | ___ 68 | ___ 90 |
| ___ 1 | ___ 23 | ___ 45 | ___ 67 | ___ 89 |

Chicago
 Sears Tower
 5 points

Chicago
John Hancock
875 N. Michigan
100 Floors



Directions: Keep track of the flights you climb by checking them off on this worksheet. Only count the flights that you travel UP, not down. When you finish climbing to the top of this skyscraper move on to the next major city.

___ 20	___ 40	___ 60	___ 80	___ 100
___ 19	___ 39	___ 59	___ 79	___ 99
___ 18	___ 38	___ 58	___ 78	___ 98
___ 17	___ 37	___ 57	___ 77	___ 97
___ 16	___ 36	___ 56	___ 76	___ 96
___ 15	___ 35	___ 55	___ 75	___ 95
___ 14	___ 34	___ 54	___ 74	___ 94
___ 13	___ 33	___ 53	___ 73	___ 93
___ 12	___ 32	___ 52	___ 72	___ 92
___ 11	___ 31	___ 51	___ 71	___ 91
___ 10	___ 30	___ 50	___ 70	___ 90
___ 9	___ 29	___ 49	___ 69	___ 89
___ 8	___ 28	___ 48	___ 68	___ 88
___ 7	___ 27	___ 47	___ 67	___ 87
___ 6	___ 26	___ 46	___ 66	___ 86
___ 5	___ 25	___ 45	___ 65	___ 85
___ 4	___ 24	___ 44	___ 64	___ 84
___ 3	___ 23	___ 43	___ 63	___ 83
___ 2	___ 22	___ 42	___ 62	___ 82
___ 1	___ 21	___ 41	___ 61	___ 81

Chicago
 John Hancock Center
 5 points

Los Angeles
Library Tower
 633 W. 5th Street
 73 Floors



Directions: Keep track of the flights you climb by checking them off on this worksheet. Only count the flights that you travel UP, not down. When you finish climbing to the top of this skyscraper move on to the next major city.

- | | | | |
|--------|--------|--------|--------|
| ___ 18 | ___ 36 | ___ 54 | ___ 73 |
| ___ 17 | ___ 35 | ___ 53 | ___ 72 |
| ___ 16 | ___ 34 | ___ 52 | ___ 71 |
| ___ 15 | ___ 33 | ___ 51 | ___ 70 |
| ___ 14 | ___ 32 | ___ 50 | ___ 69 |
| ___ 13 | ___ 31 | ___ 49 | ___ 68 |
| ___ 12 | ___ 30 | ___ 48 | ___ 67 |
| ___ 11 | ___ 29 | ___ 47 | ___ 66 |
| ___ 10 | ___ 28 | ___ 46 | ___ 65 |
| ___ 9 | ___ 27 | ___ 45 | ___ 64 |
| ___ 8 | ___ 26 | ___ 44 | ___ 63 |
| ___ 7 | ___ 25 | ___ 43 | ___ 62 |
| ___ 6 | ___ 24 | ___ 42 | ___ 61 |
| ___ 5 | ___ 23 | ___ 41 | ___ 60 |
| ___ 4 | ___ 22 | ___ 40 | ___ 59 |
| ___ 3 | ___ 21 | ___ 39 | ___ 58 |
| ___ 2 | ___ 20 | ___ 38 | ___ 57 |
| ___ 1 | ___ 19 | ___ 37 | ___ 56 |
| | | | ___ 55 |

Los Angeles
 Library Tower
 3 points

Atlanta
NationsBank Plaza
600 Peach Tree Street
55 Floors



Directions: Keep track of the flights you climb by checking them off on this worksheet. Only count the flights that you travel UP, not down. When you finish climbing to the top of this skyscraper move on to the next major city.

___ 11	___ 22	___ 33	___ 44	___ 55
___ 10	___ 21	___ 32	___ 43	___ 54
___ 9	___ 20	___ 31	___ 42	___ 53
___ 8	___ 19	___ 30	___ 41	___ 52
___ 7	___ 18	___ 29	___ 40	___ 51
___ 6	___ 17	___ 28	___ 39	___ 50
___ 5	___ 16	___ 27	___ 38	___ 49
___ 4	___ 15	___ 26	___ 37	___ 48
___ 3	___ 14	___ 25	___ 36	___ 47
___ 2	___ 13	___ 24	___ 35	___ 46
___ 1	___ 12	___ 23	___ 34	___ 45

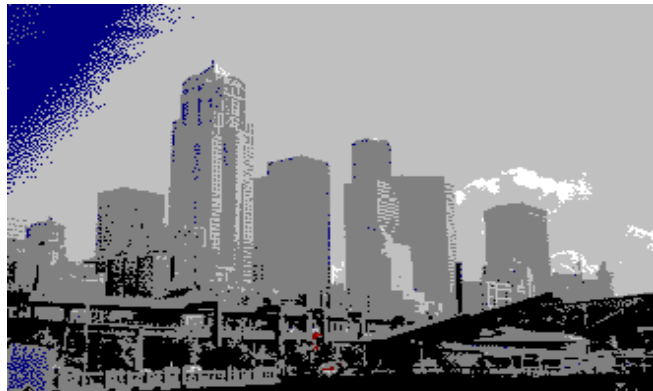
Atlanta
 NationsBank Plaza
 2 points

Seattle

Columbia Center

701 Fifth Avenue

76 Floors



Directions: Keep track of the flights you climb by checking them off on this worksheet. Only count the flights that you travel UP, not down. When you finish climbing to the top of this skyscraper move on to the next major city.

- | | | | |
|--------|--------|--------|--------|
| ___ 19 | ___ 38 | ___ 57 | ___ 76 |
| ___ 18 | ___ 37 | ___ 56 | ___ 75 |
| ___ 17 | ___ 36 | ___ 55 | ___ 74 |
| ___ 16 | ___ 35 | ___ 54 | ___ 73 |
| ___ 15 | ___ 34 | ___ 53 | ___ 72 |
| ___ 14 | ___ 33 | ___ 52 | ___ 71 |
| ___ 13 | ___ 32 | ___ 51 | ___ 70 |
| ___ 12 | ___ 31 | ___ 50 | ___ 69 |
| ___ 11 | ___ 30 | ___ 49 | ___ 68 |
| ___ 10 | ___ 29 | ___ 48 | ___ 67 |
| ___ 9 | ___ 28 | ___ 47 | ___ 66 |
| ___ 8 | ___ 27 | ___ 46 | ___ 65 |
| ___ 7 | ___ 26 | ___ 45 | ___ 64 |
| ___ 6 | ___ 25 | ___ 44 | ___ 63 |
| ___ 5 | ___ 24 | ___ 43 | ___ 62 |
| ___ 4 | ___ 23 | ___ 42 | ___ 61 |
| ___ 3 | ___ 22 | ___ 41 | ___ 60 |
| ___ 2 | ___ 21 | ___ 40 | ___ 59 |
| ___ 1 | ___ 20 | ___ 39 | ___ 58 |

Seattle
Columbia Center
3 points

Pittsburgh

USX Tower

600 Grant Street

64 Floors



Directions: Keep track of the flights you climb by checking them off on this worksheet. Only count the flights that you travel UP, not down. When you finish climbing to the top of this skyscraper move on to the next major city.

- | | | | |
|--------|--------|--------|--------|
| ___ 16 | ___ 32 | ___ 48 | ___ 64 |
| ___ 15 | ___ 31 | ___ 47 | ___ 63 |
| ___ 14 | ___ 30 | ___ 46 | ___ 62 |
| ___ 13 | ___ 29 | ___ 45 | ___ 61 |
| ___ 12 | ___ 28 | ___ 44 | ___ 60 |
| ___ 11 | ___ 27 | ___ 43 | ___ 59 |
| ___ 10 | ___ 26 | ___ 42 | ___ 58 |
| ___ 9 | ___ 25 | ___ 41 | ___ 57 |
| ___ 8 | ___ 24 | ___ 40 | ___ 56 |
| ___ 7 | ___ 23 | ___ 39 | ___ 55 |
| ___ 6 | ___ 22 | ___ 38 | ___ 54 |
| ___ 5 | ___ 21 | ___ 37 | ___ 53 |
| ___ 4 | ___ 20 | ___ 36 | ___ 52 |
| ___ 3 | ___ 19 | ___ 35 | ___ 51 |
| ___ 2 | ___ 18 | ___ 34 | ___ 50 |
| ___ 1 | ___ 17 | ___ 33 | ___ 49 |

Pittsburgh
USX Tower
2 points

Chapter 9

Certificate of Completion

Congratulations!

John Doe

You have completed The Skyscraper Climb, a total of 981 flights of stairs.

Chapter 10

Evaluation

Pre-Test

1. Please circle the letter of the statement that most accurately describes you.
 - a. I do not exercise regularly, and I am not considering starting an exercise program.
 - b. I do not exercise regularly, but I am considering starting an exercise program.
 - c. I do not exercise regularly, but I have been seriously thinking about becoming more physically active and I have prepared myself to begin an exercise program.
 - d. I have been exercising regularly for less than three months.
 - e. I have been exercising regularly for more than three months.
2. How many flights of stairs do you climb in a normal workday? _____
(One flight is from one floor to the next, about 20 steps.)
3. I take the stairs at work rather than ride the elevator...
 - a. All the time except when I have a heavy load or cart
 - b. Twice a day
 - c. Once a day
 - d. A few times a week
 - e. Never

Wellness Kit Evaluation

Worksite Wellness Kit Evaluation

We appreciate any comments or suggestions you have concerning the Worksite Wellness Kit. The information and suggestions you provide will be helpful in future updates and program development. Please complete this form after implementing the program, then mail to the address at the bottom of this page.

Name of Program Kit: _____

1. How much of the kit did you read and complete or implement?
 All of it Some of it Did not complete or implement
2. What sections of the kit did you find useful?
3. What sections of the kit did you find least useful?
4. When did you use the guide?
5. How many people participated?
6. How many people received information
7. How successful was the program based on your expectations?
 Very Successful Somewhat Successful Not Successful
8. What was the overall satisfaction from the people who participated?
 Very Successful Somewhat Successful Not Successful
9. How can this program kit be improved?

Name of Organization: _____ Phone: _____

Coordinator: _____ Address: _____

Thank you for your assistance!

Cardiovascular Health and Wellness Program
Bureau of Chronic Disease and Tobacco Prevention
Texas Department of Health
1100 West 49th Street
Austin TX 78756

