

SKYSCRAPER CLIMB CARDIOVASCULAR CHALLENGE

What is Skyscraper Climb?

The Skyscraper Climb is an on-going program to encourage physical activity among employees through stair climbing.

What's the Goal?

The goal is for participants to climb the number of flights of stairs in 11 of the tallest buildings in the U.S. By the end of the Skyscraper Climb, participants will have climbed a total of 869 flights!



Benefits of Physical Activity!

Moderate Physical Activity helps to decrease the risks of:

- Heart disease
- Stroke
- High blood pressure
- Obesity or overweight
- Cholesterol
- Smoking
- Diabetes
- Body fat
- Anxiety and depression
- Stress

Moderate Physical Activity helps to increase:

- Heart & lung function
- Lean body mass
- Flexibility
- Bone density
- Strength
- Productivity
- Overall well being!

Include moderate amounts of physical activity in your daily life for good health. The most recent recommendations advise people of all ages to include a **minimum** of 30 minutes of physical activity of moderate intensity on most, if not all, days of the week. For most people, greater health benefits can be obtained by engaging in physical activity of more vigorous intensity or of longer duration.

Tips:

- ~ Size of the agency or group doesn't matter
- ~ No need to invest high cost facilities or programs
- ~ Find the approach that fits your organization
- ~ Use free resources whenever possible



SKYSCRAPER CLIMB

How to Get Started...Coordinator's Guide

1. Select a Program Coordinator and/or Committee.
2. Select start date.
3. Organize registration materials and registration time.
4. Set date, time, and location for registration and kick-off event. Plan to have a speaker and/or demonstration. (Start the Skyscraper Climb by having all participants climb the first flight together!)
5. Advertise the program! (Memos, flyers, emails, bulletin boards, payroll stubs)
6. Develop procedures for turning in logs and giving incentive prizes.
7. Charge a participation fee for incentives.
8. Order incentive gifts. (Vary incentives to keep participants interested)
9. Provide weekly incentive drawings.
10. Schedule educational activities and demonstrations. (Be sure to advertise upcoming events early to increase participation and awareness)
11. Distribute program materials.
12. Distribute release forms to participants.
13. Collect DSHS Participation in State Agency Form, Physical Fitness Readiness Questionnaire, Pre-Test Evaluation, and incentive prize fees (give receipts).
14. Start a lunchtime *Climbing Club*.
15. Have a final activity. (Distribute certificates, prize incentives, etc.)
16. Collect Program Evaluation Forms and make notations for future use.

Start Climbing!

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

Anytime! Anyone!
Skyscraper Climb is an ongoing program to encourage physical activity at the workplace through stair climbing.



Contact Us:

Cardiovascular Health & Wellness Program
Texas Department of State Health Services
P.O. Box 149347 – Tower 402
Austin, Texas 78714-9347
P: 512-458-7200 F: 512-458-7254
www.dshs.state.tx.us/wellness

SKYSCRAPER CLIMB

How to Participate...

1. Contact the Program Coordinator and/or Committee.
2. Pick up and return a completed Physical Fitness Readiness Questionnaire, fitness waiver, or form used for liability issues, the Pre-Test Evaluation and fee (if applicable).
3. Inquire about educational program activities and demonstrations. (look for flyers, bulletin boards, emails, etc.)
4. Begin by choosing a building to start with.
 - a) One flight of stairs is from one floor to the next, about 20 steps.
 - b) Only count the flights you climb up.
 - c) When you finish that skyscraper, start climbing the next one.
 - d) As you finish each building, turn in your tracking sheets to earn points towards incentive items. Participants will be awarded a certain number of points for each building completed.
5. Bring completed Week 1 Participant Log Sheet to the Program Coordinator. The Program Coordinator will review the Log Sheet and provide the first week incentive prize. The Program Coordinator will also provide the participant with the next week's Log Sheet.
6. Participants can accumulate points or trade them in at any time for a choice of items listed below.

| <u>Building</u> | <u>#of Flights</u> | <u>Points</u> |
|---------------------------|---------------------------|----------------------|
| 1. Nations Bank Plaza | 55 | 2 |
| 2. USX Tower | 64 | 2 |
| 3. Transco Tower | 64 | 2 |
| 4. Nations Bank Tower | 72 | 3 |
| 5. Library Tower | 73 | 3 |
| 6. Tower of Americas | 75 | 3 |
| 7. Columbia Center | 76 | 3 |
| 8. Amoco Oil Tower | 80 | 3 |
| 9. John Hancock Center | 100 | 5 |
| 10. Empire State Building | 100 | 5 |
| 11. Sears Tower | 110 | 5 |

| <u>Incentive Ideas</u> | <u>Points</u> |
|-------------------------------|----------------------|
| Info about skyscrapers | 4 |
| Calendar | 9 |
| Water Bottle | 15 |
| Coffee Mug | 15 |
| T-shirt | 31 |
| Massage | 41 |

Helpful Web sites:

www.dshs.state.tx.us/wellness

www.mypyramid.gov

www.eatsmartbeactive.org

www.healthierus.gov

www.5aday.org

www.cdc.gov/nccdphp/dnpa/

SKYSCRAPER CLIMB – EVALUATION

1. Were the program materials provided clear and concise? Yes or No
If no, please give suggestions or comments.

2. How many people participated in the program? _____
3. What percentage of ethnicities participated in the program? _____
4. What age groups participated? 16-22 23-29 30-39 40-49 50-60 61-69 70+
5. What was the overall satisfaction from the people who participated?
 - a) Very Satisfied
 - b) Somewhat Satisfied
 - c) Not Satisfied at all
6. Which part of the program do you think was MOST useful?

5. Which part of the program do this was LEAST useful?

6. Would you conduct this program again? Yes or No
7. Additional Suggestions/Comments.

8. Did you or your site plan for or implement a policy change around heart disease and stroke prevention? Choose method(s) below.
 - a) Healthy food options are accessible and promoted. (Cafeteria, vending machines, etc.)
 - b) CPR classes are available. (Increased number of people trained)
 - c) Defibrillators are available. (Emergency personnel are trained and accessible)
 - d) Physical activity areas are designated, safe, accessible and promoted. (Walking trails, bike trails, recreation center, etc.)
 - e) Smoking ordinances/policies are in place.Other _____

Thank you for your participation!
Please mail or fax your evaluation form to:
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Texas Department of State Health Services
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SKYSCRAPER CLIMB – Wellness Evaluation

1. Number of days per week you did some form of physical activity, prior to starting Skyscraper Climb.

0 1 2 3 4 5 6 7

2. During the program, did you notice an improvement in your cardiovascular health?
a) Yes
b) No

3. Did you eat 5 or more a day of fruits and vegetables? Yes or No

4. Did you maintain your weight or lose weight during the program?

- a) Yes
b) No

5. The number of days per week you did some form of physical activity, since participating in Skyscraper Climb.

0 1 2 3 4 5 6 7

6. What part of Skyscraper Climb did you like most?

7. What changes would you make to Skyscraper Climb make it a more effective cardiovascular program?

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b) CPR classes are available. (Increased number of people trained)
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Other _____

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