



Climb to the Top

Congratulations! You have started your virtual 'ascent' to the top of Mount Taranaki.

What is Climb to the Top?

Climb to the Top is a fun workplace team challenge.

- It is all about team building and getting a little more physical activity into your working day.
- Your team goal is to reach the equivalent distance of climbing to the top of Mount Taranaki between 1st – 31st May.
- The idea is for each team member to record the floors of stairs climbed/ minutes of physical activity - walk, run, row, or cycle, and map your teams progress to the top of Mount Taranaki.
- **Everyone who participates goes into the draw to win great prizes!**

Getting involved is easy!

Step 1:	Get together a team of up to 5 of your workmates	Go it alone or in pairs if you wish!
Step 2:	Register your team! <ul style="list-style-type: none"> • Go to the TDHB intranet or www.tdhb.org.nz • Download and print off the <i>Climb to the Top Registration & Record form</i> • Nominate a Team Leader • Name your team • KEEP A COPY of your registration and record form. 	By Monday 28th April Return a copy of your form to: Lisa Hamilton - Health Promotion Unit, Taranaki DHB, by <ul style="list-style-type: none"> • Internal mail • Fax 753 7788 • Scan and email to lisa.hamilton@tdhb.org.nz • Post: Private Bag 2016, New Plymouth 4342
Step 3:	Choose your activities from <ul style="list-style-type: none"> • Stair climbing • Walking or running • Gym-rowing/cross trainer/treadmill • Cycling, or the gym bike 	2 flights of stairs = 1 floor of stairs 1 minute = 1 floor of stairs 1 minute = 1 floor of stairs 5 minutes = 1 floor of stairs
Step 4:	Start your virtual ascent to the top of Mount Taranaki <ul style="list-style-type: none"> • Using the <i>Climb to the Top Team Wall Chart</i>, available on the TDHB intranet and www.tdhb.org.nz, record your daily progress during the month of May 	From 1st – 31st May Eg. There are 22 week days in May, so to reach the top, each of your five team members should aim to climb an average of 7 floors a day!
Step 5:	To be in the draw to WIN great prizes <ul style="list-style-type: none"> • Submit your completed <i>Climb to the Top Registration & Record form</i> • Be sure your team, and individual members' TOTALS are recorded! 	By Friday 6th June 2008 Forward to: Health Promotion Unit, Taranaki DHB by internal mail; Fax: 753 7788; Scan and email to lisa.hamilton@tdhb.org.nz or Post: Private Bag 2016, New Plymouth 4342



* The average distance between floor levels is approximately 3.5 metres, and **2 flights of stairs = 1 floor of stairs**

When can I climb/exercise?

This is a workplace challenge so tally up your floors of stairs/minutes of exercise **to/from** and **during work breaks only**. It should really be in **addition** to any stairs, walking/exercise that is part of your job.

If you normally work on weekends then count your floors of stairs/minutes of exercise during these working hours.

How do I find the time?

Climb to the Top is easy! If you have 5 people in your team, you only have to climb an average of 7 floors each day for 5 days a week during May, and your team will get reach the top of Mount Taranaki.

For example,

- Find your nearest stairwell and climb 4 floors of stairs at morning tea + 3 at afternoon tea and you've done 7 floors for the day
- A 10 minute walk to work and 10 minutes home again = 20 floors of stairs.
- At lunchtime, a brisk walk of the central corridor at Base Hospital (Ward 2 to Transport and back) will add 10 minutes = 10 floors of stairs
- Try a walking meeting! or a buddy walk around the hospital grounds
- Use the Base Hospital gym treadmill, rowing machine, bike, and cross trainer – all these activities can count towards your ascent to the top
eg. **5 minutes bike + 10 minutes treadmill+ 5 minutes rowing = 20 floors of stairs .**

How do I join the Taranaki DHB gym?

All Taranaki DHB staff can join the gym located at Base Hospital.

For details on how to join, go to TDHB Intranet 'Staff Stuff' - Recreation Society – Membership <http://tdhbintranet/StaffStuff/Recreation+Society/Recreation-Society-Membership-Details.htm> Or call Rosemary Goodin on ext 8853.

Why get active everyday?

Being more active everyday is great for our health and wellbeing. It helps

- Mood, concentration and work performance
- Maintain a healthy body weight
- Bone density and tissue mass - to protect against osteoporosis
- Lower blood pressure, cholesterol and our risk of diabetes, heart disease, injury and some cancers.

Safety first

- It is important to promote safe physical activity habits, not only during *Climb to the Top*, but all year round.
- Please promote these tips to your team members. Seek medical advice if you have,



- not exercised for a while
- a heart condition
- a family history of heart disease
- high blood pressure or diabetes.
- Wear comfortable, flat shoes, sensible for exercising.
- Drink water during and after exercise. In addition to the minimum 8 glasses a day, drink another glass for every 30 minutes of activity.
- Stretch before and after exercise.
- Don't overdo it. Build up gradually to avoid injury.
- Stop immediately and see a doctor if you experience chest pain or discomfort, become very short of breath or have palpitations.
- Avoid exercise after eating large amounts or if you are feeling unwell.
- If you are climbing stairs; check the stairwell is well lit and there are no obstructions, loose fittings or uneven steps. Try for 2 points of contact when going up and down stairs.

What if we conquer Mount Taranaki before the end of May?

Keep climbing – simply download another *Climb to the Top Team Wall Chart* from the TDHB Intranet or www.tdhb.org.nz or contact us and we'll email one to you. The sky's the limit!

Who do I contact for more info?

Lisa Hamilton

Health Promotion Unit, Taranaki DHB

Phone: 753 7799 EXT: 8862

lisa.hamilton@tdhb.org.nz