



Flights to Fitness Challenge

Instructions

The Flights to Fitness Challenge is designed to encourage employees to take the stairs instead of the elevator when possible. It's your decision if you would like to do this challenge as a group activity or individually.

Begin by logging each flight of stairs you climb in a day. One flight of stairs is from one floor to the next and only count the flights you climb up. When you reach the top of one building, start climbing the next one until you reach the top of the Sears Tower after climbing all 869 flights of stairs!

Building	# of Flights
Nations Bank Plaza	55
USX Tower	64
Transco Tower	64
Nations Bank Tower	72
Library Tower	73
Tower of Americas	75
Columbia Center	76
Amoco Oil Tower	80
John Hancock Center	100
Empire State Building	100
Sears Tower	110

Share how you and your agency completed the challenge! Email us at WFHT.TN@tn.gov or share it on our Facebook page. We'd love to hear about it!

