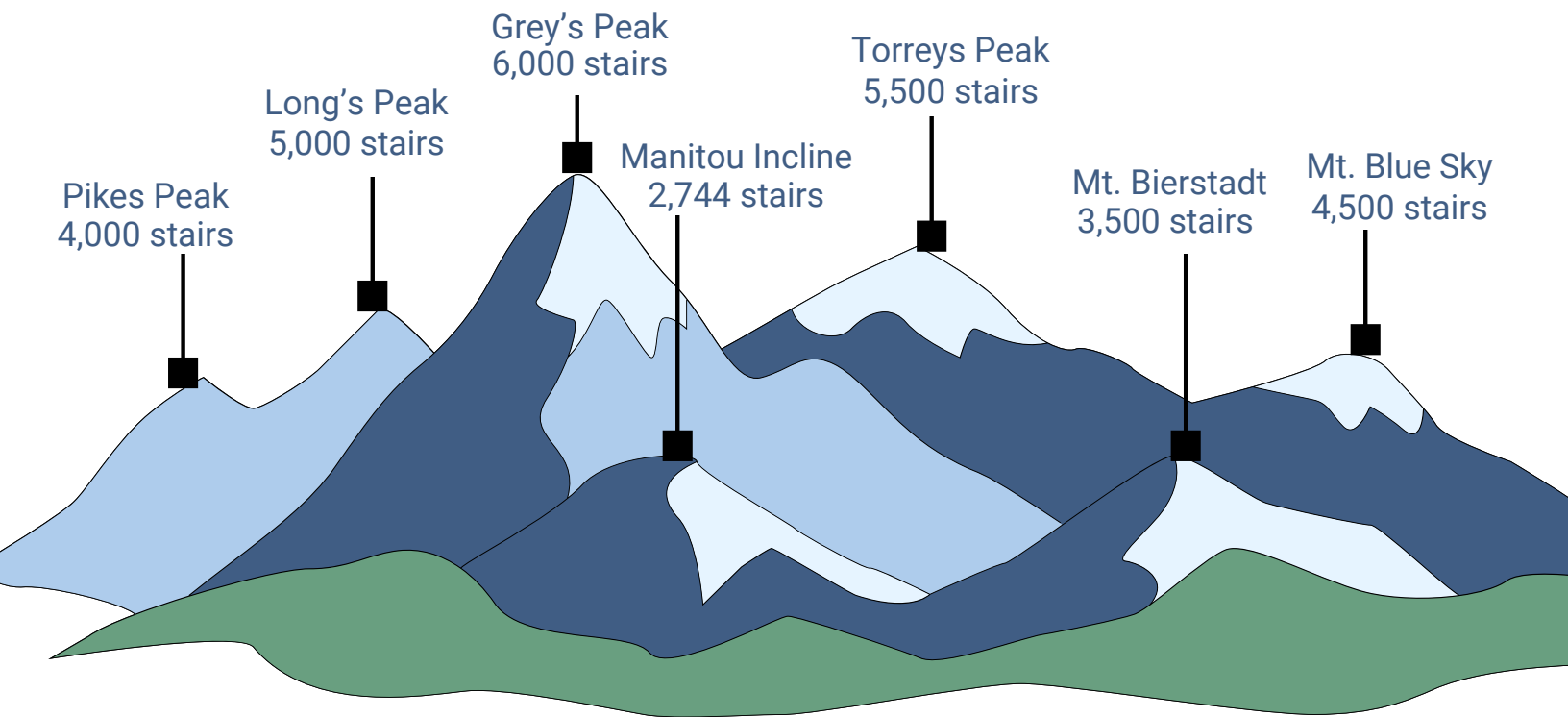


14ER

STAIR CHALLENGE



Take the stairs at CU Anschutz, track your daily stair count, and submit your sheet at the end of each round.

1ST ROUND: FEB 10-14

2ND ROUND: FEB 17-21

3RD ROUND: FEB 24-28

► **PRIZES AWARDED EACH WEEK AND AT THE END OF 3 ROUNDS!**

Not able to take stairs but still want a fitness challenge?
email bridget.lattimer@cuanschutz.edu
and we can work together to create a personal challenge!

↓
sign up

Office of Student Health Promotion
UNIVERSITY OF COLORADO
ANSCHUTZ MEDICAL CAMPUS