Kickstart health with our UK Council Challenges

In the last 12 months councils from across the country have taken part in four unique stair climbing challenges to boost the health of staff and create a culture of active working.

Supercharge the health of your local authority’s workforce in 2017 by joining StepJockey’s next UK-wide stair climbing challenges. Find out how: www.stepjockey.com/lg-challenge

Summary

<table>
<thead>
<tr>
<th>Total teams / players involved</th>
<th>Total calories burned</th>
<th>Number of stair journeys</th>
<th>Number of steps climbed</th>
</tr>
</thead>
<tbody>
<tr>
<td>665/2183</td>
<td>994,426</td>
<td>165,882</td>
<td>12,294,203</td>
</tr>
</tbody>
</table>

What stair climbers have told us!

- 95% of people either ‘loved’ or ‘liked’ the challenge
- 74% felt healthier as a result of taking part
- 75% are now using the stairs more frequently
- 92% want their organisation to run another challenge

The Stairway to Health Local Government Challenge 2017 is run by StepJockey, the Department of Health seed-funded initiative that encourages incidental physical activity in the workplace.