StepUp to Better Health
UCR StairWell and Hydration Challenge
Join our 8 week challenge to promote and increase stair usage, physical activity and hydration!
Climb to the top of 8 buildings in 8 weeks!

Kick-Off Event: July 10 | 12 pm - 1 pm | HUB 355

Throughout the 8-week challenge you will:
- Take the stairs instead of the elevator as much as possible
  - Log the number of flights you climb each day
  - Strive to reach your hydration goal
  - Earn rewards for climbing your way to the top!

To enroll visit ucrlearning.ucr.edu

Did you Know...
⇒ In one minute, a 150 pound person burns approximately 10 calories walking up stairs and only 1.5 calories riding an elevator
⇒ About 70 percent of an adult’s body is made up of water.