STAIR CHALLENGE

Aoraki Mt Cook

3,754m
Aoraki Mt Cook

To climb Aoraki Mt Cook you need to walk up or down _____ flight of stairs

Step height

Number of steps in a flight

Flight height Metres

(step height x number of steps)

Name

Date	Tally Number of flights	Total Number of flights	Distance in metres (no. flights x flight height)
Total			

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SIT LESS, MOVE MORE, FEEL GOOD

hpa health promotion agency