

healthoutfit

indoor munro bagging

Challenge Details:

We are challenging you to climb some of Scotland's highest Munros using only the stairs in your home!

All you need to do is look out your hiking boots, pack your rucksack and most importantly measure the height of your step or staircase (easiest way to do this is measure one step and multiply by total number of steps).

Divide the height of the munro by the height of your stairs to calculate how many total climbs you must complete in the week and break them down into each day.

Only climbs up count and please be careful on the way back down! Challenge others in your household to complete the munro as well.

When working from home it's even more important to keep your NEAT (non-exercise activity thermogenesis) up. It equates to around 20% of your daily calorie expenditure and can be achieved through participation in this challenge, walking as much as possible and reducing your time spent sedentary.

Every month you can expect a new climb to face! These should be completed in addition to your daily home workout. Let's stay active and healthy!

