



CN TOWER FITNESS CHALLENGE

Walk/Run/Wheelchair/Climb/Lunge/Squat/Burpees

CN Tower Facts: 1776 steps to climb, 17760 steps to walk or 176 up and down physical activities. Approximately 13km in overall distance

What you are doing:

1. Walk, run, wheelchair or bike for 13km in total or climb 1776 steps or complete 176 squats, burpees or lunges. (Can be done all at once or at different times)
2. There is no requirement on location, stairs or whether you are indoors or outdoors.
3. Submit which activity you have completed.
4. Make sure the student-leader and teacher-coach verify you have completed the challenge.

What you need:

- Proper clothing and footwear for the conditions.
- Large area free of obstructions and has an ample amount of space.

Note for Student-Leaders and Teacher-Supervisors: *Feel free to modify the challenge in order to provide opportunity to any students who would like to participate.*

That's all there is to it!

Remember to stay safe, have proper supervision and the more students that participate the more points you get.

You Have Been Challenged!