

## HIGHLIGHTS

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## Stair-climbing challenge boosts winter fitness

2:50 p.m., Jan. 4, 2005--To help employees with New Year's resolutions and wintertime fitness goals, UD's Employee Wellness Center is offering a four-week fitness program that promotes stair climbing.

Set to run from Monday, Jan. 10, through Friday, Feb. 4, the employee stair-climbing program challenges participants to gradually increase the stairs they climb during the work week by setting goals and keeping track of flights.

Simple strategies such as using a restroom on another floor and taking the stairs instead of the elevator can help employees set and reach reasonable goals, according to Marianne Carter, Employee Wellness Center director.

Participants who complete the program receive a zipper pull/key ring thermometer, and one lucky winner will receive a gift certificate to Border's Books and Music.

The cost for the program is 10 Wellness Dollars. Participants can register online at [[www.udel.edu/wellness](http://www.udel.edu/wellness)] or by calling (302) 831-8388.



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