

Fitness

Step Challenge: Cardiovascular Endurance



Objective:

To Improve your Cardiovascular Endurance

Definition:

Cardiovascular Endurance: This is the ability of the body to deliver oxygen and nutrients to the working muscles. The better your cardiovascular fitness the longer you can exercise.

Challenge:

Can you reach the height of some of these famous British land marks? Climb your flight of stairs at home as many times as you can. For those living in a bungalow find some stairs somewhere close to your house and get counting!!

Bronze



Nelson's Column

20 flights

260 steps



Big Ben

38 Flights

480 steps

Silver



Olympic Park
Orbital Tower

46 Flights

575 Steps



London Eye

54 Flights

675 Steps

GOLD



Spinnaker Tower

68 Flights

850 Steps



The Gherkin

72 Flights

900 Steps