



# Reach the Peak and climb Mt Everest

**(your way!)**

Thank you for taking part in the Reach the Peak challenge for Alzheimer’s Society and doing something amazing for people affected by dementia. Here are the first steps for taking part:

## 1. Plan your climb

Plan your climbs – Reach the Peak your way

**A.**

**Climb your stairs at home, at work or at the gym!**

**B.**

**Climb hills, mountains or climbing walls and measure your elevation!**

## 2. Work out your maths

	Total	Per day	How to measure
<b>Climb stairs</b>	3,871 flights of stairs (15 steps in flight)	129 flights per day (1,935 steps a day)	Use fitness tracking devices
<b>Measure your elevation</b>	8848 metres	294.9 metres per day	Link to accounts such as Strava or Pacer if you have them!

## 3. Set up your Facebook fundraising page

Share your journey! Use your social media to share your experience and encourage people to donate to help people affected by dementia.



## Top tips

- If climbing stairs, split your climbs throughout the day to make it more manageable
- Make it social – join our Facebook group to share your progress throughout the challenge.
- Share selfies of your progress on your fundraising page. Raise £100 to get your medal!

## Get prepped:

- **Get the right gear** – make sure you get the right trainers and wear them in.
- **Drink plenty and stay hydrated** – climbing, stepping and trekking are thirsty work.
- **Get stretching** – do warm up exercises to avoid injury.

Use the table to keep track of your progress

	Week 1	Week 2	Week 3	Week 4
Flights / elevation / steps remaining				
Your weekly goal				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

