



Climb to the Top

Team Leaders

Congratulations! You and your team have just begun your virtual 'ascent' to the top of Mount Taranaki.

As a *Climb to the Top* **Team Leader** you are promoting team spirit and physical activity among your colleagues.

What information do I need and where can I find it?

You will need a

1. *Climb to the Top* **Team Registration & Record Form**, and
2. *Climb to the Top* **Team Wall Chart**

These can both be downloaded from the

- Taranaki DHB Intranet <http://tdhbintranet/>
- Taranaki DHB website www.tdhb.org.nz

If you have any questions, please contact us at the Health Promotion Unit on Phone (06) 753 7799 or email lisa.hamilton@tdhb.org.nz

Remember...

• Stair climbing	2 flights of stairs = 1 floor of stairs
• Walking or running	1 minute = 1 floor of stairs
• Gym-rowing/cross trainer/treadmill	1 minute = 1 floor of stairs
• Cycling or the gym bike	5 minutes = 1 floor of stairs

What do I do as a Team Leader?

KEY DATES	What...
By Monday 28th April 2008	<ul style="list-style-type: none"> - Register your TEAM using the <i>Climb to the Top</i> Team Registration & Record Form - KEEP A COPY to complete at the end of May.
By 30th April	<ul style="list-style-type: none"> - Download a <i>Climb to the Top</i> Team Wall Chart - Write Team members names on the <i>Climb to the Top</i> Team Wall Chart. (Photocopy one for each team member, so they can map their own progress) - Place it in a prominent location in your workplace – this will spark interest and encourage others to join in!



<p>On 1st May 2008</p>	<p>Start your ascent to the top of Mt Taranaki</p> <ul style="list-style-type: none"> - Encourage your team to record their daily floors of stairs/ minutes of exercise done onto the <i>Climb to the Top Team Wall Chart</i>.
<p>Each Monday morning in May</p>	<p>Tally up your teams weekly progress on your <i>Climb to the Top Team Wall chart</i>.</p> <ul style="list-style-type: none"> - Ask each team member to record their individual floors of stairs/minutes of exercise - Add up your whole teams progress and record it on the <i>Climb to the Top Team Wall Chart</i>.
<p>On 31st May 2008</p>	<p>Official finish of <i>Climb to the Top</i></p>
<p>By Friday 6th June 2008</p>	<p>For your team to be in the PRIZE DRAW</p> <p>Complete your <i>Climb to the Top Team Registration & Record Form</i>. Please make sure you have recorded total floors of stairs climbed for</p> <ul style="list-style-type: none"> - Each individual team member - Whole Team <p>Forward your completed form to: Lisa Hamilton Health Promotion Unit, Taranaki DHB, by Internal mail Fax: 753 7788 Scan and email to lisa.hamilton@tdhb.org.nz or Post: Private Bag 2016, New Plymouth 4342</p>

Climb to the Top Team Wall Chart

Instructions

1. Download your *Climb to the Top Team Wall Chart* from the Intranet or www.tdhub.org.nz
2. Write your *Team name* and *Team Leader* in the spaces provided at the top left.
3. Write the names of all your individual team members (up to five) at the bottom of each of the five columns
4. Photocopy one for each team member, so they can map their own progress
5. Place it in a prominent location in your workplace – this will spark interest and encourage others to join in!



6. In each Individual Tally column every day of the month of May is represented. Boxes on the left side of the column *Daily total* 'are to record the number of floors and minutes of exercise each day.
7. *Total* boxes on the right side are for the combined total of floors/minutes of walking, rowing, running, five minutes of cycling. At the end of each day add up the total number of floors you have climbed and write it in this box (labeled 'total') – See example on your *Climb to the Top Team Wall Chart*.
8. Team Tally: Each small box in this column is equal to one floor climbed/minute of walking, rowing, running, five minutes of cycling.
9. Transfer individuals progress onto the Team Tally column regularly to monitor your teams total progress to the top of Mount Taranaki shading the number of boxes completed by the whole team – see example on your *Climb to the Top Team Wall Chart*.
10. At the end of May, transfer your grand totals, for each individual and for the whole team, onto your *Climb to the Top Registration and Record Form* and return by **Friday 6th June 2008** to

Lisa Hamilton

Taranaki DHB Health Promotion Unit by

- internal mail
- Fax: 753 7788
- Scan and email to lisa.hamilton@tdhb.org.nz
- Post: Private Bag 2016, New Plymouth 4342

What if we conquer Mount Taranaki before the end of May?

Keep climbing – simply download another *Climb to the Top Team Wall Chart* from the Intranet or www.tdhub.org.nz or contact us and we'll email one to you. The sky's the limit!

What else do I need to know?

We'll send you regular emails with overall progress of all teams and tips to keep your team motivated!

Please contact us if you have questions or need more information.

Who do I contact for more info?

Lisa Hamilton

Health Promotion Unit, Taranaki DHB

Phone: 753 7799 EXT: 8862

lisa.hamilton@tdhb.org.nz