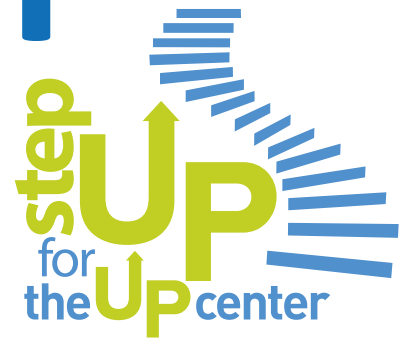


STEPPING UP

IS EASIER THAN YOU THINK!



Join us March 25, 2012 9 a.m. - 1 p.m.
Dominion Tower, Norfolk, VA

And, support your community!

Register today at www.TheUpCenter.org! * All ages are welcome!

Get started with simple, quick tips.

1 Build Up.

Start climbing 2 times a week for 10 minutes at a time and 5 minutes each week until you're climbing two times a week for 30 minutes each climb. *Use real stairs instead of a stair climber exercise machine, if possible.*

2 Speed Up.

Do an "easy" climb for 2 minutes followed by 1 minute of speed climbing at near "maximum" effort. *Remember: "Easy" and "maximum" are general terms and will vary by individual.*

3 Mix Up.

- Climb every step on some floors and skip steps on other floors.
- Race the clock. Climb the stairs you use for training and time yourself, then race your own best time.

4 Leg Up.

Use weights to boost your strength! Leg press, leg extension or curl machines can increase the strength and stamina of your leg muscles. Squats, lunges, jump squats, or mountain climbers can also help you fly up those stairs!

Fun places to climb:

- The mall
- Parking garage
- The YMCA
- Home
- Work

Warm Up at the Dominion Tower on these dates:*
January 29, February 19, March 11

*Contact Jessica.Oulahan@theupcenter.org or call (757) 965-8649 to sign up for a Warm Up session

5 Flex Up.

Stretch your lower leg and lower back muscles every 5 minutes after each workout. Attend a yoga class once a week for added flexibility and muscle tone.

6 Eat and Drink Up!

An adequate variety of fruits, vegetables, complex carbs, lean protein and healthy fats will best support your training. Be sure to drink enough fluids--especially, water!