Frequently Asked Questions

I am not receiving my Climb IU e-mails.

Climb IU will send e-mails and reminders via Qualtrics. Qualtrics admins sometimes come across the situation of Qualtrics users not receiving e-mails. Their advice is to reach out to UITS support (or your TechSelect rep, if you are a TechSelect client), who will work with you to make sure there is nothing in your e-mail settings filtering out Qualtrics items. If you do not receive your Personal Online Tracker on the first day of the challenge, and it is not in your spam/junk folders, here is how to contact UITS or HelpNet for support:

- UITS support: https://uits.iu.edu/tech-help
- TechSelect (if you are a TechSelect client): https://techselect.iu.edu/

I am not physically able to take the stairs. Can I still participate in the challenge?

Yes, Climb IU is for everyone! If you are not physically able to take the stairs, taking the stairs causes pain, or you do not have access to stairs, you can count the minutes you are active. Being active for 3 minutes is the equivalent of 1 flight.

The objective is to increase movement throughout the workday. So we encourage you to select a time when you are sedentary for 20 min or more and add a 1-5 min movement segment. Integrate movement while at work, or before or after a work hours while watching TV, reading a book, etc. You can find movement ideas while at your workstation here.

How do I create or join a team?

Ask your coworkers and colleagues if they would like to be on a team with you, or if there is already an existing team you can join. When you register, you will want to make sure you know your Team Name and Team Captain.

- The Team Captain is the person Healthy IU will contact if there is a question.
During registration, spell your **Team Name** the same way your teammates will be spelling it, so that you can be grouped together in Climb IU Results.

There are no limits on how many Team Members you can have on a Team. Each Team Member will receive his or her own Personal Online Tracker, but you will be grouped together in weekly results.

**Why does Climb IU focus on staying active throughout the workday?**

We want you to take every opportunity you can to get up and move — even short “microbreaks” count! Just getting up once an hour to climb one flight of stairs, stretch, or walk around the office is better than sitting for hours on end in a chair.

More and more research is finding that sitting too much for long periods of time is harmful to our health. But a growing body of research also suggests that lifestyle activity — the movements we perform every day, like walking up stairs — can be an effective tool for achieving health benefits and staying active despite time constraints.

- **Do you have 2 minutes?** One study suggests that light activity [2 minutes per hour](#) lowers the mortality risk of sitting.
- **Do you have 10 minutes?** The [American Heart Association recommends at least 150-minutes of moderate activity each week](#), and you can break this into 10-minute periods of activity, 3 times per day, 5 days per week!
- **Do you have time to make physical activity a habit?** Regular physical activity provides benefits that affect your mind, body, and spirit — including:
  - Manage stress
  - Lower blood pressure
  - Relieve tension and anxiety
  - Boost good cholesterol
  - Manage weight
  - Prevent bone loss
  - Boost energy
  - Promotes optimism
  - Improves self-image
  - Fall asleep faster and more soundly
  - Sharing activities with friends and family
  - Delay or prevent chronic diseases associated with aging
  - Maintain quality of life!

**Do I only count the stairs I climb / active minutes I get at work?**
Yes, the spirit of the challenge is to be more active **throughout your workday**, so we hope you showcase your creativity and find ways to get your flights in at work!

**I'm a student. Can I participate in Climb IU?**

Climb IU is targeted for IU employees, and while students will not be eligible to receive incentives from the challenge, they are still encouraged to take the stairs! Make it a goal to take the stairs as an individual or team. You can download the trackers for your own personal use below.

[Individual Tracker](#)

[Team Tracker](#)