

RESILINATOR[™] by CycleHealth

WHAT DOES IT TAKE TO CLIMB MT. EVEREST?

Avalanches, blizzards, wild animals and freezing temperatures are only some of the obstacles you'll face on your 29,000 foot trek to the summit of Mt. Everest, the highest point in the world. It will be tough, but if you are willing to sweat, overcome and solve problems, be gracious towards others and believe in yourself, you might just reach the summit. Each task you complete will get you closer to reaching the top. There's no turning back!

NAME



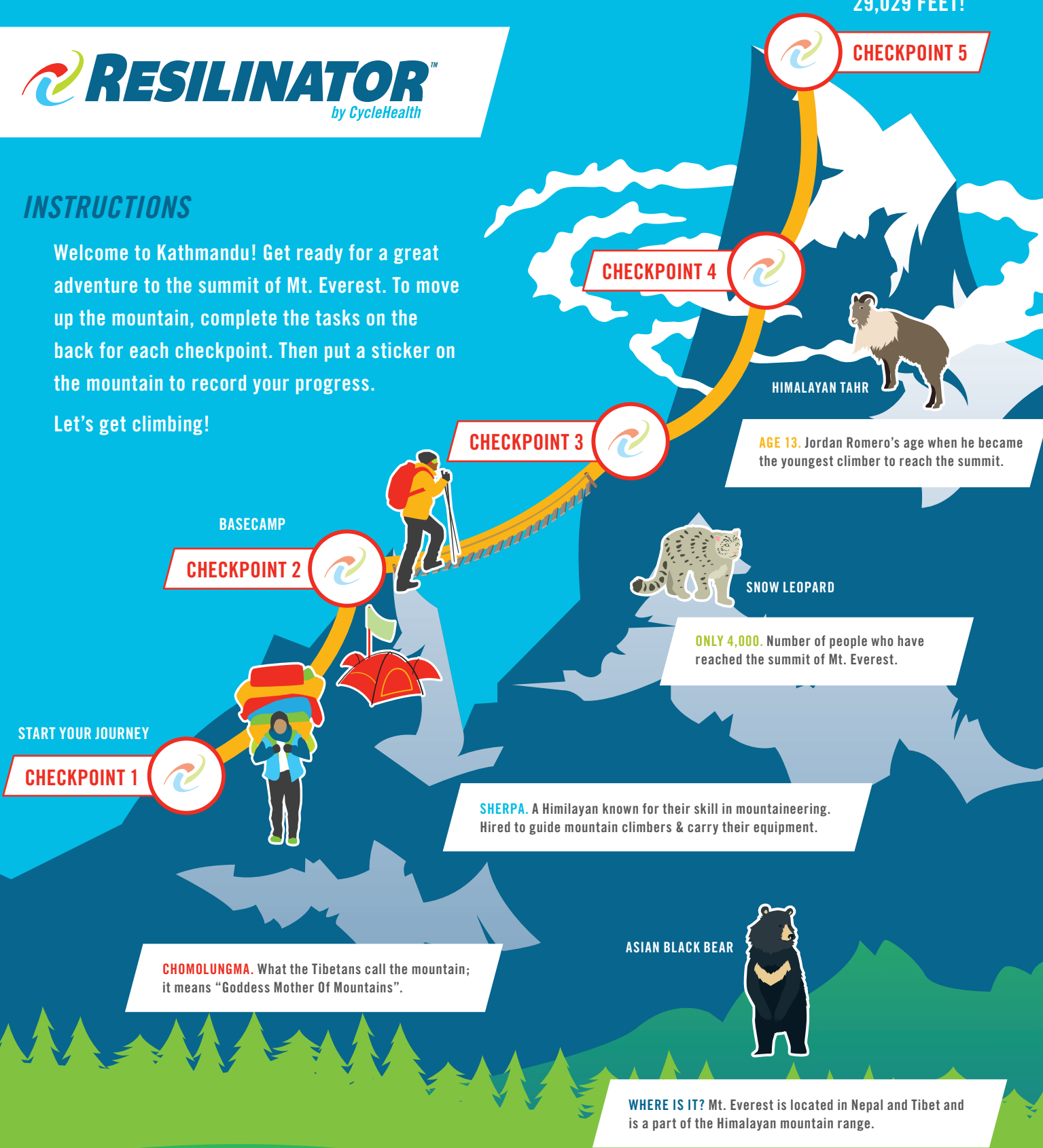


THE SUMMIT
29,029 FEET!

INSTRUCTIONS

Welcome to Kathmandu! Get ready for a great adventure to the summit of Mt. Everest. To move up the mountain, complete the tasks on the back for each checkpoint. Then put a sticker on the mountain to record your progress.

Let's get climbing!



CHECKPOINT 1 - GET YOUR BODY READY

Complete three outdoor Sweat Sessions (30 minutes or more).

Sweat Session Activity	# Minutes	Sweat Session Activity	# Minutes	Sweat Session Activity	# Minutes
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You'll complete 3 Sweat Sessions in each checkpoint. Why do you think sweating is an important part of becoming resilient?

When finished, put a Flywheel Sticker on Checkpoint 1 of the mountain and advance to Checkpoint 2.

CHECKPOINT 2 - SHOW YOUR GRATITUDE

Complete three outdoor Sweat Sessions (30 minutes or more).

Sweat Session Activity	# Minutes	Sweat Session Activity	# Minutes	Sweat Session Activity	# Minutes
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At base camp you'll meet your Sherpa. What is a Sherpa, and why are Sherpas important to Mt. Everest climbers?

Name a person who's acted like a Sherpa in your life and explain it here. Find a way to show your gratitude to that person and check the box when done.

Did it.

When finished, put a Flywheel Sticker on Checkpoint 2 of the mountain and advance to Checkpoint 3.

CHECKPOINT 3 - BUILD YOUR BELIEF

Complete three outdoor Sweat Sessions (30 minutes or more).

Sweat Session Activity	# Minutes	Sweat Session Activity	# Minutes	Sweat Session Activity	# Minutes
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Who is Erik Weihenmayer and what did he overcome?

Why is a strong belief so important to his journey?

List 3 positive beliefs about yourself

I AM...

I AM...

I AM...

When finished, put a Flywheel Sticker on Checkpoint 3 of the mountain and advance to Checkpoint 4.

CHECKPOINT 4 - LEARN TO OVERCOME

Complete three outdoor Sweat Sessions (30 minutes or more).

Sweat Session Activity	# Minutes	Sweat Session Activity	# Minutes	Sweat Session Activity	# Minutes
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Who is Junko Tabei and what did she overcome in her life?

Choose a teacher, parent or grandparent to interview. Ask "What is something you had to overcome in life?" and share it here.

When finished, put a Flywheel Sticker on Checkpoint 4 of the mountain and advance to Checkpoint 5.

CHECKPOINT 5 - VIEW FROM THE TOP OF THE WORLD

Complete three outdoor Sweat Sessions (30 minutes or more).

Sweat Session Activity	# Minutes	Sweat Session Activity	# Minutes	Sweat Session Activity	# Minutes
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You've named someone who is a Sherpa in your life. How can you be a Sherpa for someone today? Do it and check box when done.

Did it.

Your final step requires reflection. Tell us what you learned climbing Everest.

When finished, put a Flywheel Sticker on Checkpoint 5 of the mountain. YOU'VE REACHED THE SUMMIT!