

Flights to Fitness: United States Landmarks

Stair climbing is a wonderful way to keep fit. Most of us live or work in a building with stairs, making it an easy activity to fit into your day. You can climb stairs anytime as a quick break from your routine, gaining benefits for your heart, mind, and leg muscles.

Well Aware is challenging you to climb iconic United States landmarks—or their equivalent in flights of stairs. You can even form a team and complete these landmarks together. What an achievement, and a great way to stay active during the cold winter months!

For more information, visit the [Flights to Fitness web page](#).