Climb a mountain

Can you climb the mountains? Earn your bronze, silver and gold killer cells by reaching the peaks!

Crawl like a bear, hop like a rabbit, or simply walk like a brave explorer up and down the stairs, across a room, or even up a hill that you visit on your daily exercise. Keep going until you’ve done the distance required to reach the top of the mountain! Why not get everyone in your household involved?

**Gold killer cell**
Mount Kilimanjaro, Tanzania
5,895m
30 x up and down stairs, every day for a week

**Silver killer cell**
Mount Fuji, Japan
3,376m
20 x up and down stairs, five times a week

**Bronze killer cell**
Ben Nevis, Scotland
1,345m
10 x up and down stairs, three times a week

#beatthebug
#stayinworkout