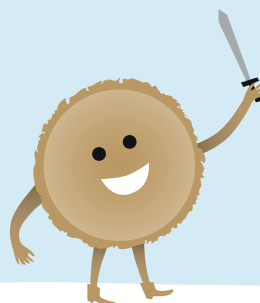


# Climb a mountain

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

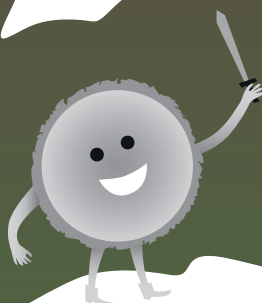
Crawl like a bear, hop like a rabbit, or simply walk like a brave explorer up and down the stairs, across a room, or even up a hill that you visit on your daily exercise. Keep going until you've done the distance required to reach the top of the mountain! Why not get everyone in your household involved?

# Beat the Bug



## 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