



## *Media release*

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### **MEDIA RELEASE**

#### **RPH striving to 'Climb to the Top'**

Royal Perth Hospital staff are aiming high this year with 20 teams registering for the Climb to the Top challenge.

Dozens of staff at the hospital have taken part in the annual event over the years. The workplace challenge creates an atmosphere of camaraderie and competition between colleagues.

There is a wide range of departments taking part at RPH - with teams coming from physiotherapy, nursing, medical oncology and microbiology.

During the month of August, staff are taking on the Heart Foundation's corporate fitness challenge to Climb to the Top of their own Mount Everest.

Stair climbing and step machines, walking, swimming, cycling or running are all counted towards each team's challenge.

Carole Williamson, Chair of the RPH Health Promotion Committee, said: "With busy work schedules many believe it is hard to find time to be physically active and make a difference to health."

"However there are small steps you can take – Climb to the Top is an easy way to get on track to a health lifestyle and make the most of the opportunities at work.

"With an 11-storey building right on campus, there are plenty of opportunities to get in lots of steps every day.

"We also have a pool so for staff more attuned to swimming there is that option too.

“Climb to the Top is an exciting challenge for workplaces to be involved in; one which is all about team building, fun, fitness and fundraising,” Ms Williamson said.

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