



People Climb Everest on Their Staircases

What is Mount Everest?

- **Mount Everest is the tallest mountain in the world and is part of the Himalayas.**
- **It's around 8800m high and is on the border between Nepal and China.**

Lots of people have been trying to do exercise indoors at the moment! But one man has literally gone the extra mile! He climbed the height of Mount Everest (around 8800m) on his staircase.

John Griffin, from Shoreham, UK, did the challenge to raise money for charity. It took him 29 hours to complete it and he did different stages of the ascent over four days. He completed over 40 000 steps!

On social media, John thanked his family for their support. He also said he was **exhausted** and will stay on the ground floor for a while!

John isn't the only person who's scaled Everest on their staircase. A 12-year-old boy has done the same too! After his trip to climb Scafell Pike (the highest mountain in England) was cancelled, he felt he had to do something. He climbed his stairs 2507 times to achieve his goal of climbing the height of Everest!

Governments have been asking people to stay at home to keep safe. This has led many people to come up with fitness **routines** they can do at home.

For example, a man in Toulouse, France, ran a marathon on his 7-metre balcony. Elisha Nochomovitz ran 26.2 miles (42.2km) up and down the balcony.

Elisha is an experienced runner and had completed 36 marathons before this challenge. Many people around the world are finding



Photo: A man has climbed Everest on his stairs.

ways to do exercise indoors. Some people are watching daily fitness programmes. Others are doing activities, such as yoga and mindfulness. You can even do online dance lessons to keep yourself moving!

Joe Wicks has been holding fitness **sessions** every morning for children. He's called himself the nation's PE teacher. The lessons can be found on the Twinkl Home Learning Hub and happen at 9 a.m. every weekday. They have proved to be really popular, with over 1 million **subscribers**.

Glossary

exhausted	Very tired.
routine	Something that happens regularly.
sessions	A period of time where something is done.
subscribers	People who follow something.