



JOIN US
Nov. 5, 2020
REGISTER ONLINE NOW
UNITEDWAYEM.CA

This year, Scotiabank StairClimb for United Way is entirely online. But just because we can't be together, doesn't mean we can't stand together for our community. We are stepping way outside-the-box to ensure no one is left behind. COVID-19 has impacted all of us -- it's going to take all of us to make sure we get through this. Now is the time to Step Up!

Step 1: Register at www.unitedwayem.ca

Create your profile page, gather your team, collect pledges and showcase how you are choosing to Scotiabank StairClimb. Earn points, badges and bragging rights for things like hitting fundraising milestones, recruiting friends, adding activity photos, sharing why you give to your community, and more! This will help you encourage others to get involved will raise awareness of issues like poverty and social isolation in our community.

Step 2: Choose your Scotiabank StairClimb

Option One: Get creative and Step Up your way



Skateboard, rollerblade, jog, speed walk or stroll for 4.72 km to match the 472 stairs at One London Place!



Create 472 second themed workout videos for your colleagues to complete virtually- lift, skip, prancercise or strike a yoga pose! Share your videos and complete them together, but apart!



Turn your favourite past-time into a personal challenge for a good cause- courts, mats or climbing routes are your personal StairClimb playground! Challenge yourself to 472 three-pointers, cartwheels or seconds to the top!

Don't forget to stay safe and to physically distance while you are out there stepping up!

Option Two: Join our Virtual Boot Camp

Stumped on an idea of how to Scotiabank StairClimb? That's okay! You can Scotiabank StairClimb as a team, but part, virtually from your homes! Much like you signed up for a climb time, sign up for a virtual boot camp time by October 29th by reaching out to Katerina Frattas, Special Events Coordinator, kfrattas@unitedwayem.ca.

Step 3: Show us how you are stepping up this year

Follow us [@unitedwayemca](https://twitter.com/unitedwayemca) and tag [#ScotiabankStairClimb](https://twitter.com/ScotiabankStairClimb) to show us how you are Scotiabank Stairclimbing for United Way, virtual style. We can't wait to see what you come up with!