



2012 FIGHT FOR AIR CLIMB FIREFIGHTER TRAINING

February 5, 2012

Accenture Tower • 333 South 7th Street • Minneapolis

Join the Firefighter Practice Climb!

Fund raise \$300 and take part in this 18-story firefighter practice climb

For more information contact **Maura Studer**
651-227-8014 or maura.studer@lungmn.org.

BOOT CAMP

The **Fight For Air Boot Camp** is a fundraising opportunity to physically and mentally prepare yourself to take on all 30 floors of the Accenture Tower on February 25th! A 6-week training program from January 7-February 11, is led by Santé Fitness certified trainer, Lisa Van Ahn, and runs from 7-8:00 a.m. every Saturday morning at the Santé Fitness studios in South Minneapolis. This 45-minute workout, tailored to your fitness ability, also includes nutritional information and at-home training tips. Each participant will also receive a one-of-a-kind Fight For Air *Climber In Training* t-shirt.

In order to participate in the **2012 Fight For Air Boot Camp**, climbers must commit to raising \$500 by January 7th, and all funds must be turned in on or before the Fight For Air Stair Climb on Saturday, February 25, 2012.



FightForAirClimb.org • 1-800-LUNG-USA

Whether you compete in full turn-out gear for bragging rights or whether you want to Climb to get fit, it's time to experience the climb of your life!