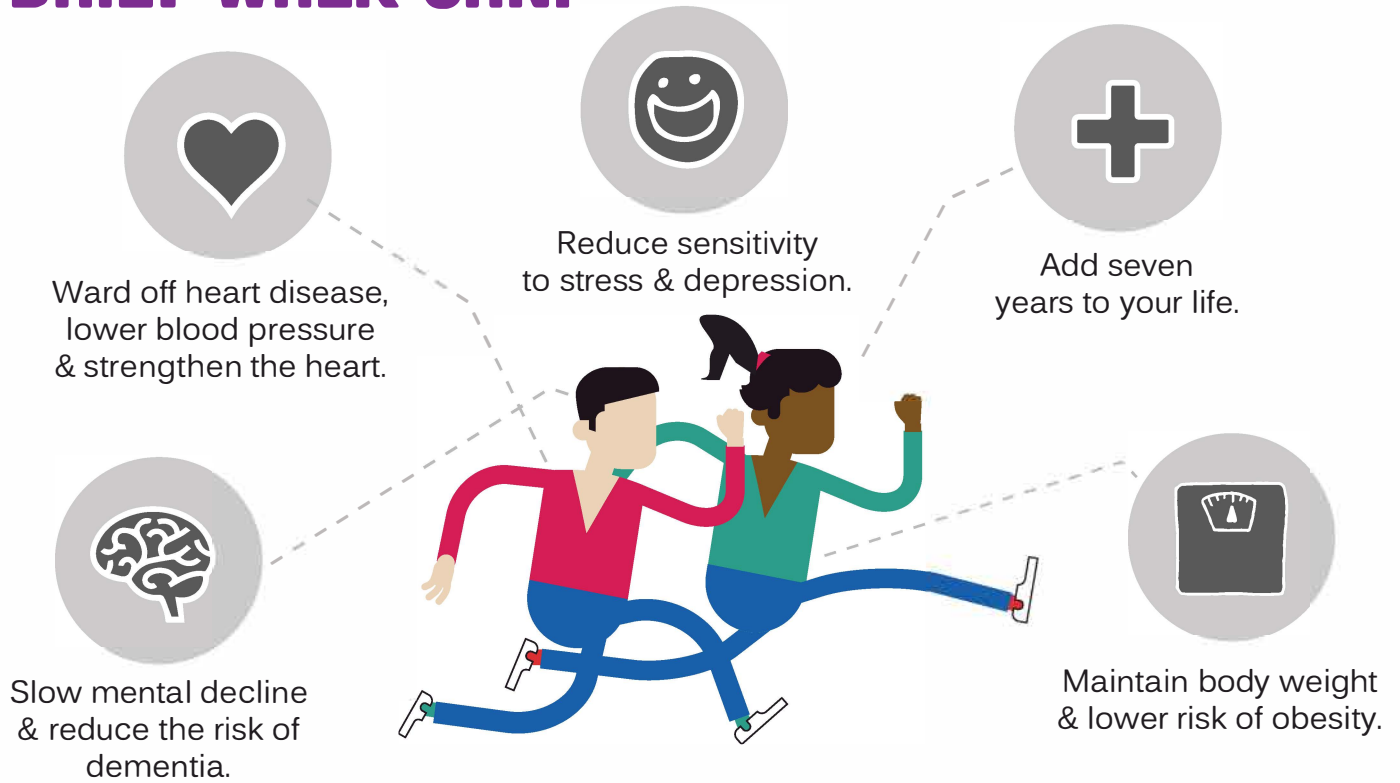


A DAILY WALK CAN:



SNEAK MORE STEPS INTO YOUR DAY



Get off the bus two stops early.

Those extra few minutes of walking can make you feel more energized for the day ahead.

Keep a pair of running shoes at work.

You never know when you'll have the opportunity to squeeze in a 10 minute walk.



Skip the elevator and take the stairs.

Climbing 150 stairs is equivalent to walking 0.5 KM.

Turn social time into "walking time".

Organize a hike with friends. The longer the hike, the more time for catching up!



DID YOU KNOW

On average, walking for 30 minutes, 5 days a week within one year would burn over 32,000 calories.

To burn off: →

donut



45 minutes

burger



2 hours & 30 minutes

soda pop



55 minutes

You need to walk: →