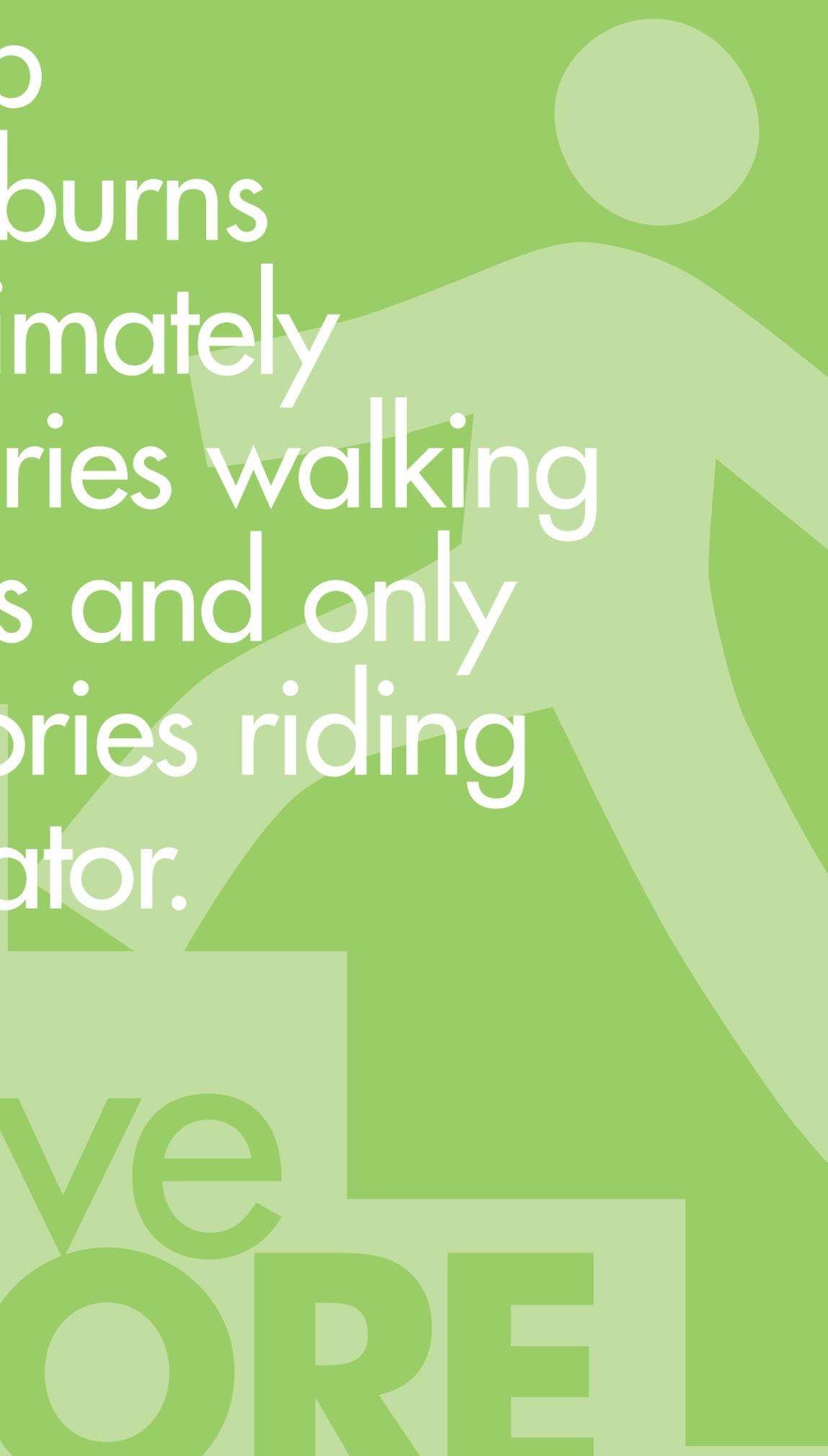


IN ONE MINUTE

a 150-lb
person burns
approximately
10 calories walking
up stairs and only
1.5 calories riding
an elevator.



Move
MORE!