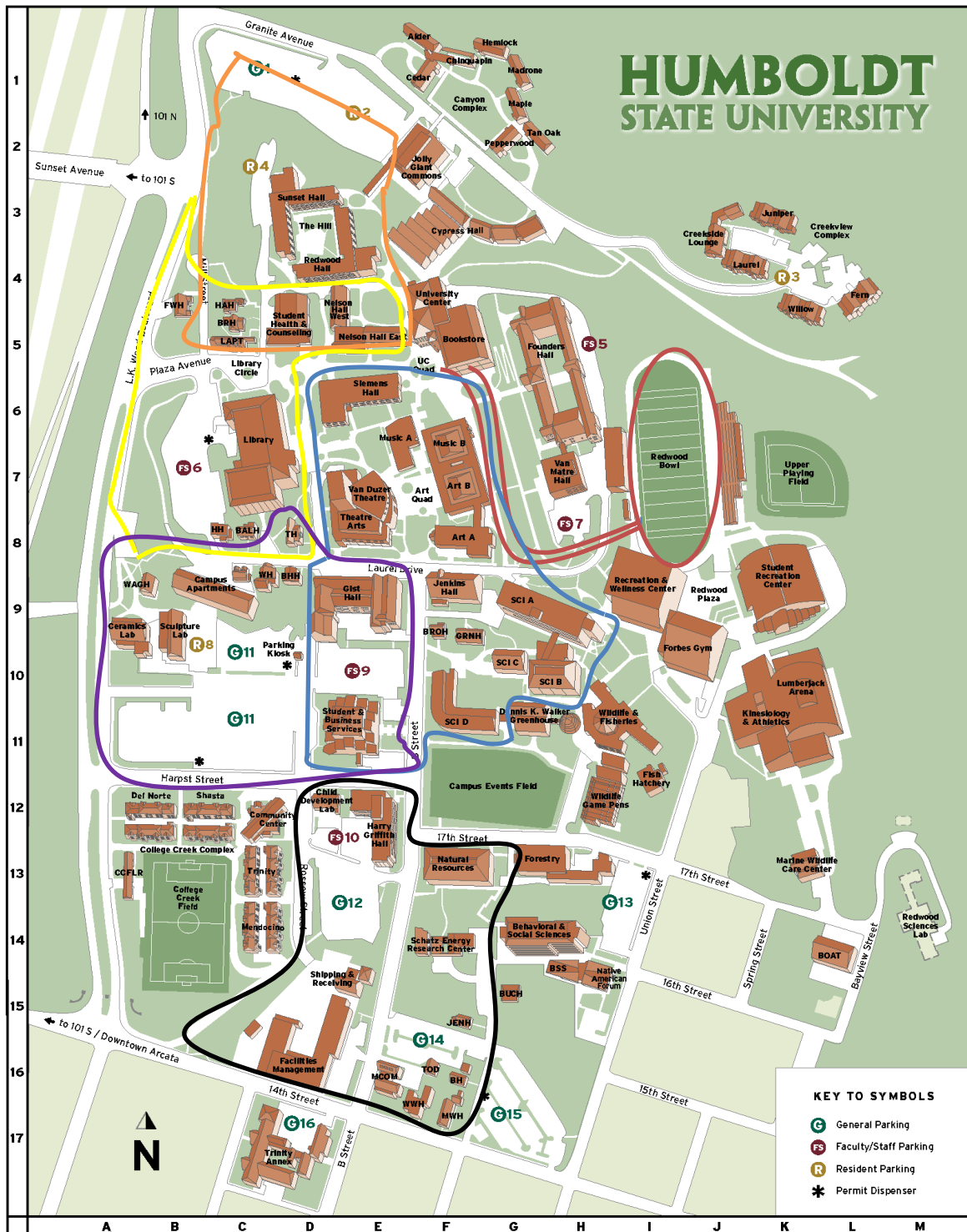


Every Step Counts - Quick Walks for a Healthy Break

All routes shown represent 11-13 minute walks, are a half mile or more and can burn about 100 Calories.



0817

Purple Route + Stairs 12 Minutes 1100 Steps	Red Route No Stairs 13 Minutes 1600 Steps	Orange Route +++ Stairs 13 Minutes 1434 Steps
Yellow Route + Stairs 12 Minutes 1400 Steps	Blue Route +++ Stairs 13 Minutes 1090 Steps	Black Route + Stairs 12 Minutes 1456 Steps

A regular routine of brisk-paced walking daily can help you lose weight, lower cholesterol, strengthen your heart and reduce the likelihood of serious health problems down the road. Keep walking shoes and socks at your desk, so you can take a quick stroll whenever you get the chance!