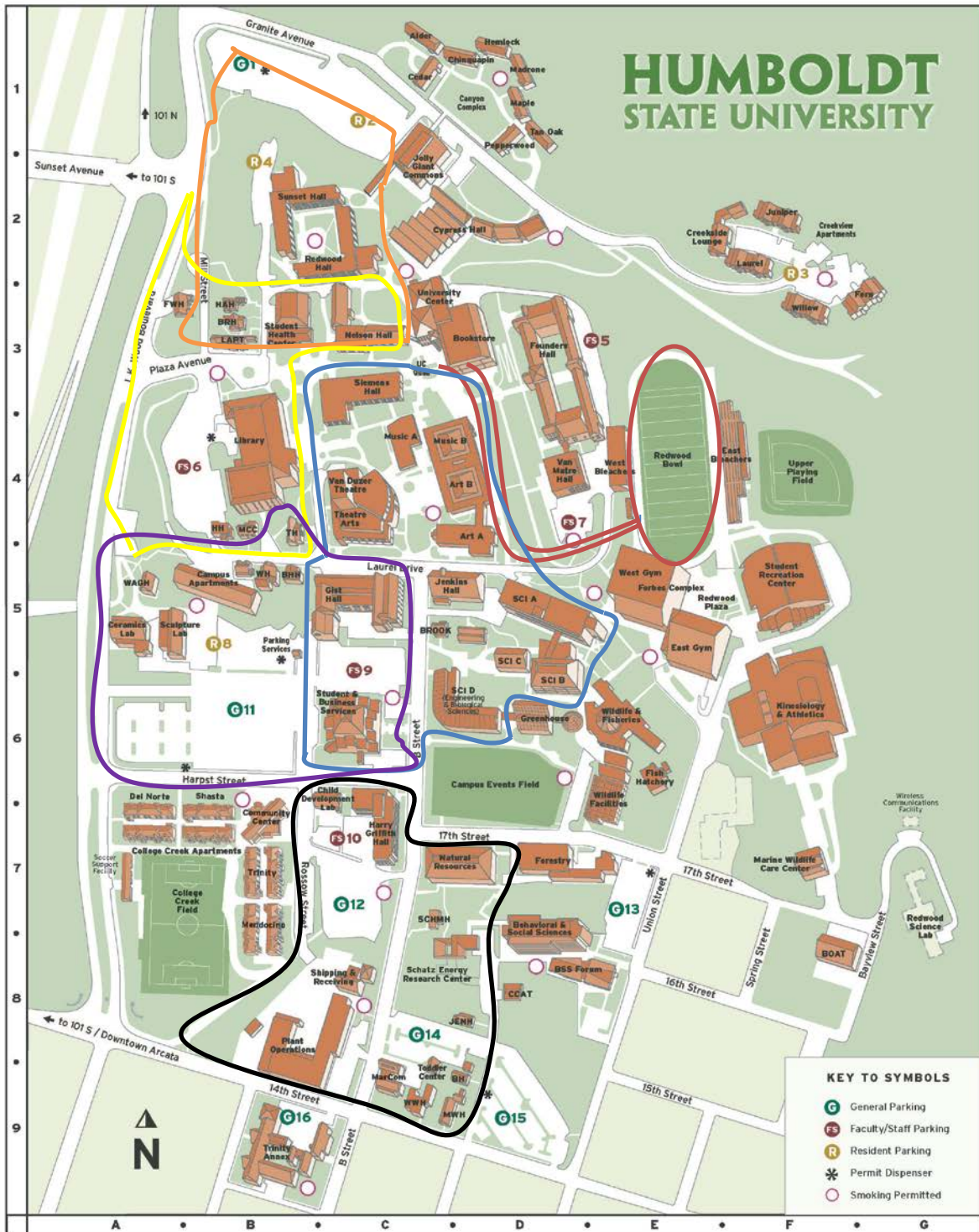


Every Step Counts - Quick Walks for a Healthy Break

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



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!