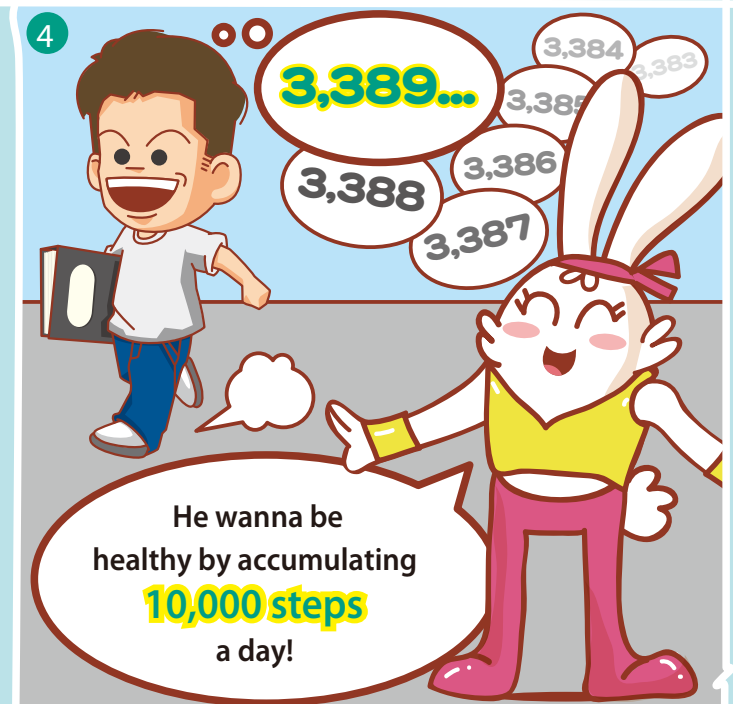




Let's walk more to improve our health.



Brisk walking is of moderate intensity. Accumulating 10,000 steps a day helps reduce the risk of developing chronic diseases and improve our health.

