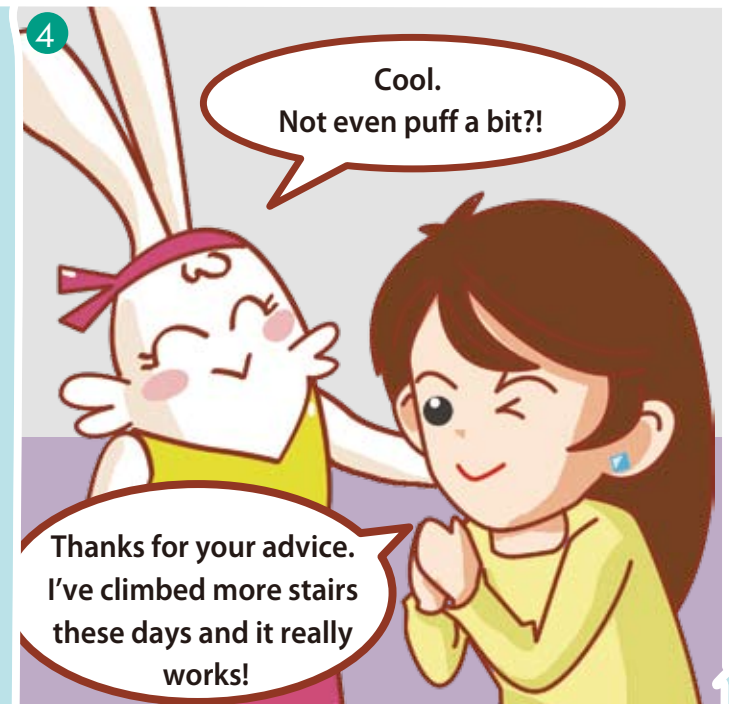




# Let's walk more to improve our health.



Climbing stairs and brisk walking can improve your cardiovascular fitness. With a healthy body, you are more capable of coping with challenges at work.

