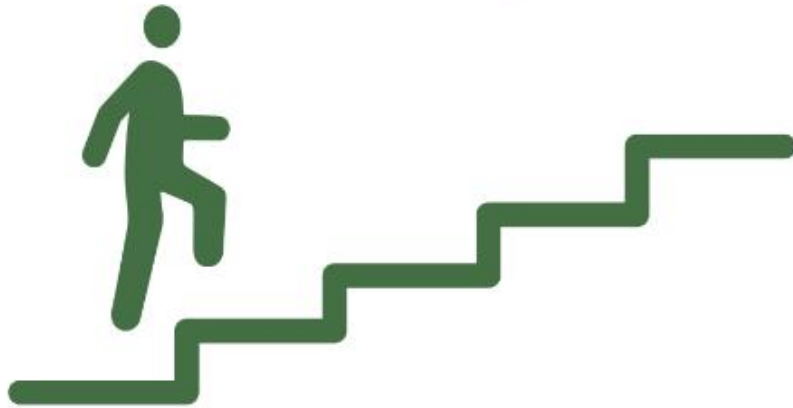


# Burn calories, not electricity

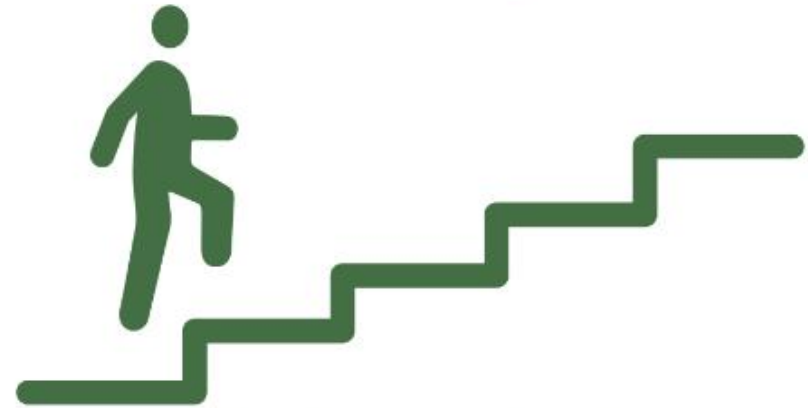


**Skip the elevator and escalator**

**Walking up stairs just 2 minutes per day  
helps prevent weight gain**

**Also helps the environment by saving electricity**

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