Change happens one step at a time.
I’m walkin’.
Yes, indeed.

(Fats Domino)
The victory is not always to the swift, but to those who keep moving.
Physical activity will add years to your life, and life to your years.
The first wealth is health.

(Ralph Waldo Emerson)
In one minute, a 150 pound person burns approximately 10 calories walking up stairs, and only 1.5 calories riding an elevator.
Walking up stairs burns almost 5 times more calories than riding an elevator.
There are 1440 minutes in every day... schedule 30 of them for physical activity.
No waiting one door over.
Small steps make big differences.
Raise your fitness level, one step at a time.
Fight fat...
Feel fit...
Frequent these flights.
Step up to a healthier lifestyle.
Take a little walk with me.

(Muddy Waters)
One step farther each day. You can do it.
Now that you have refueled...