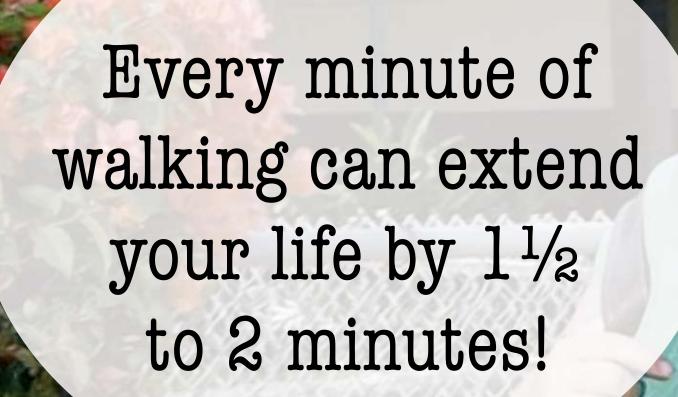
FUN FACTS ABOUT WALKING

Walk 30⁺ minutes a day



Walking just 30 minutes a day can burn off as much as 5 to 10 pounds of fat per year.

To burn off
1 plain M&M candy,
you need to walk the
full length of a
football field.

Walking is the most popular form of exercise in the U.S.



