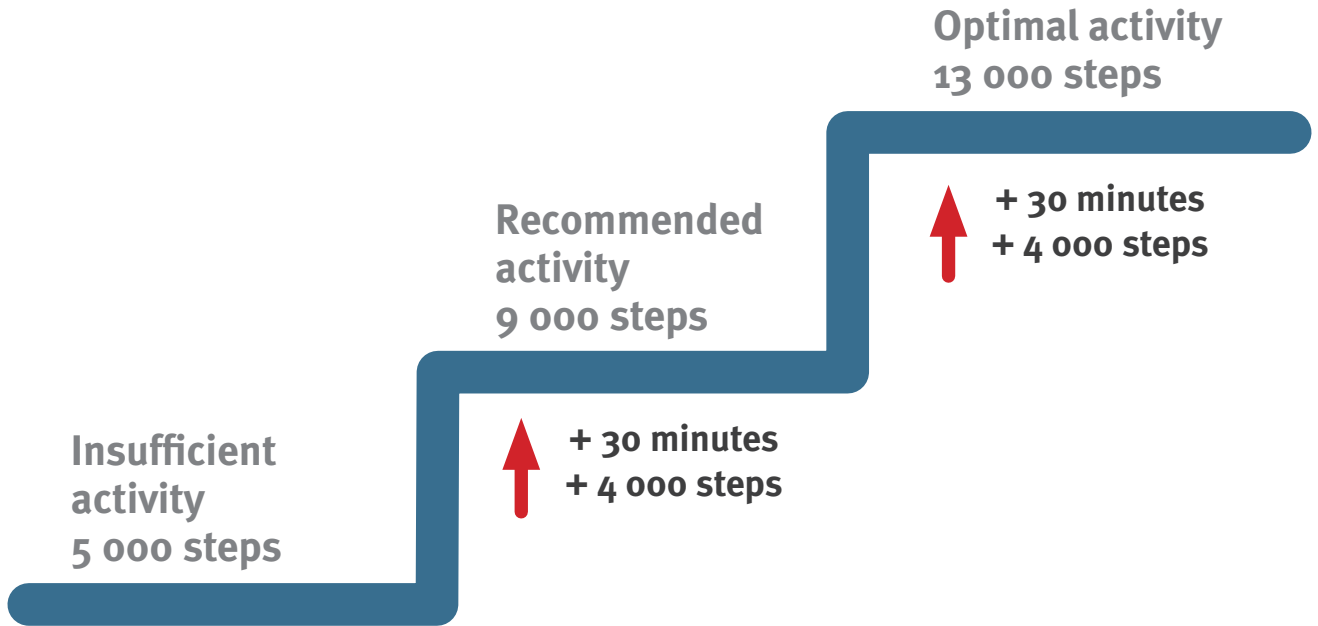


# Walking Stages for being physically fit



Normal everyday activities require about 5 000 steps