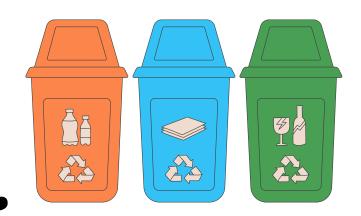


Don't have time to exercise?

Take a short walk to your recycle bins.



Ten minutes everyday
is 70 minutes every
week, which is 3,640
minutes a year!

