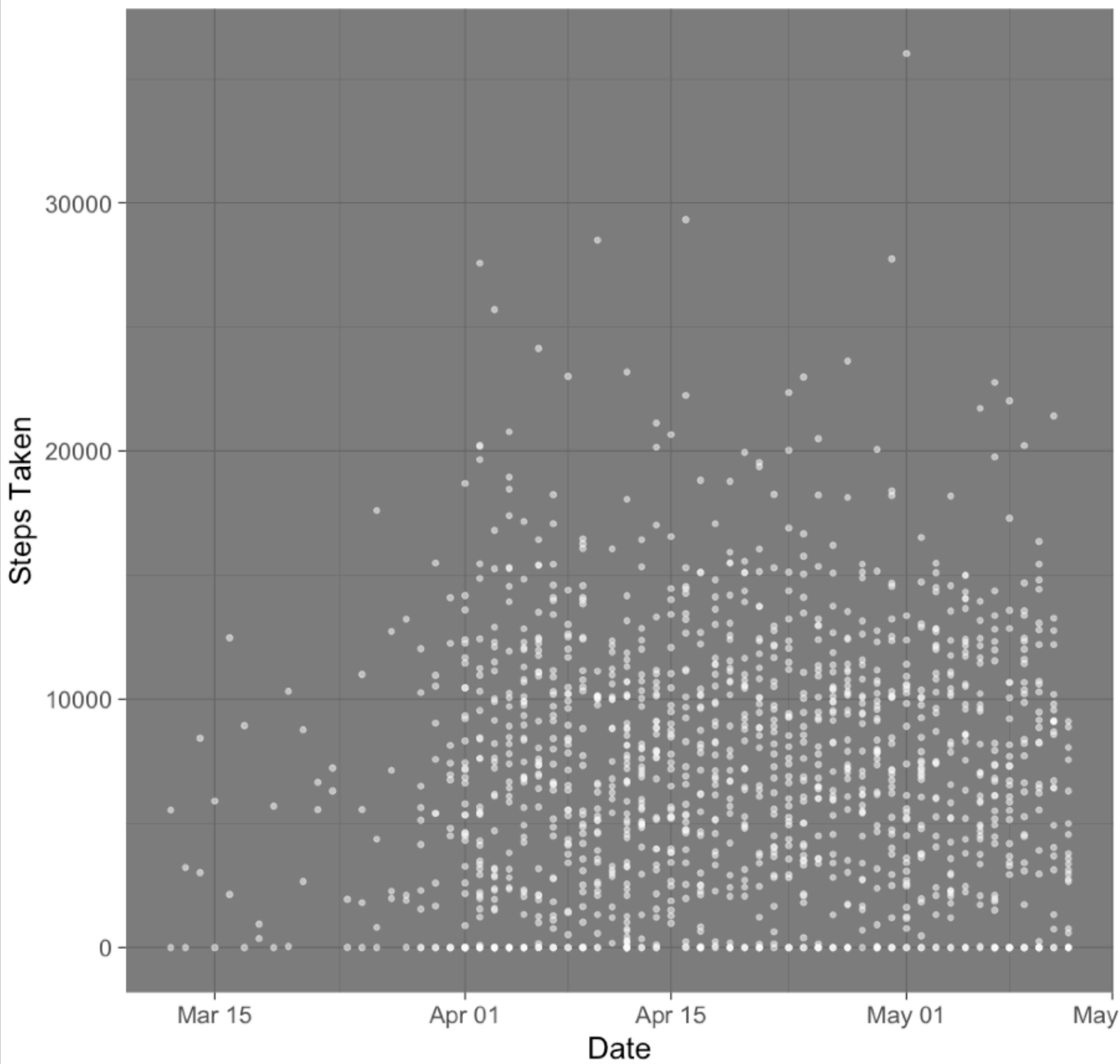






# Daily Steps



How far do  
they walk?

✱ Over 5 miles and 7000  
steps walked a day.

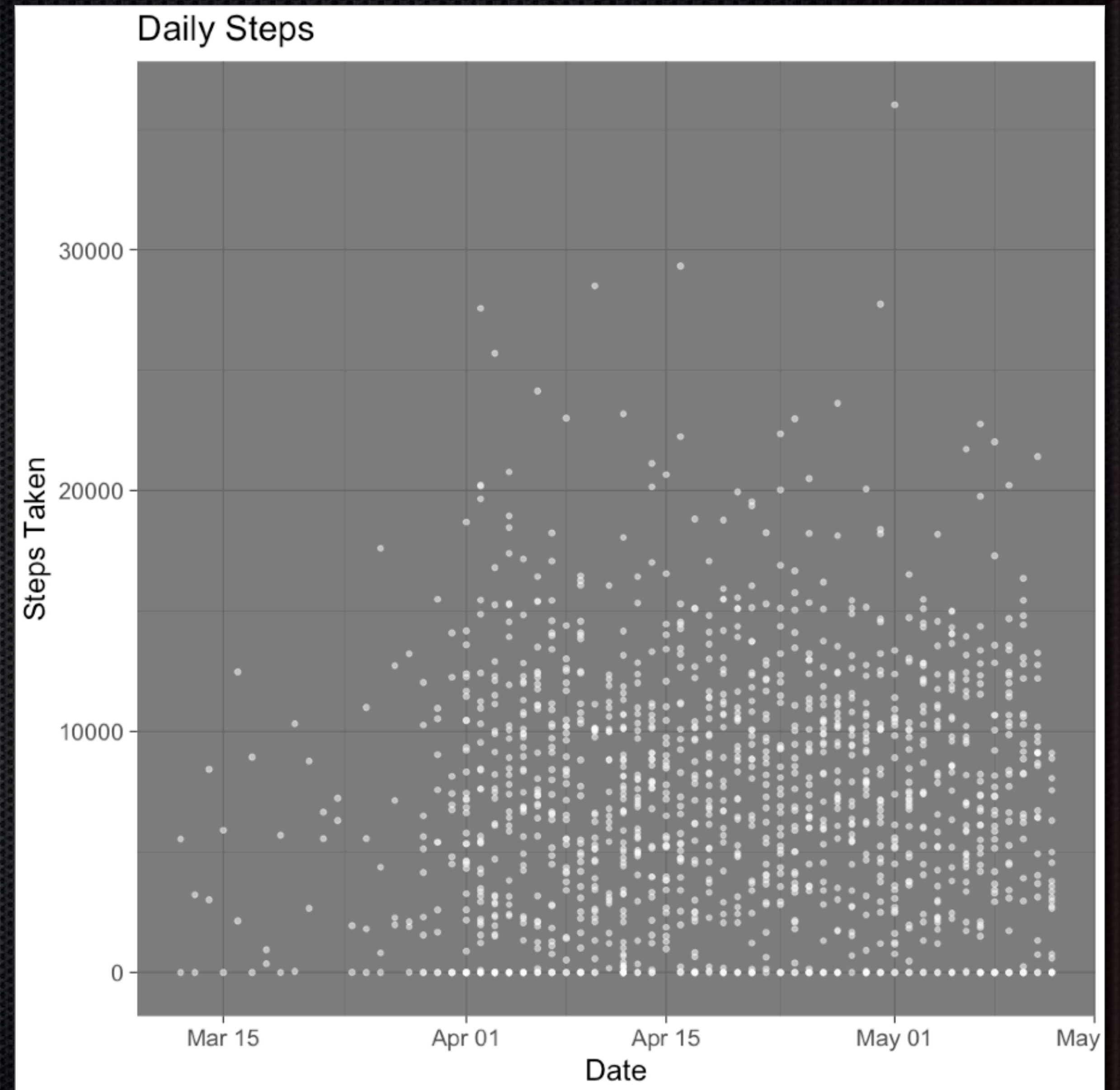
✱ Above average compared  
to other Americans.

- ✧ **Lower than average**  
compared to Europeans and  
Japanese.



# How far do they walk?

- ✧ Over **5 miles and 7000 steps** walked a day.
- ✧ **Above average** compared to other Americans.
- ✧ **Lower than average** compared to Europeans and Japanese.





How long  
does it last?