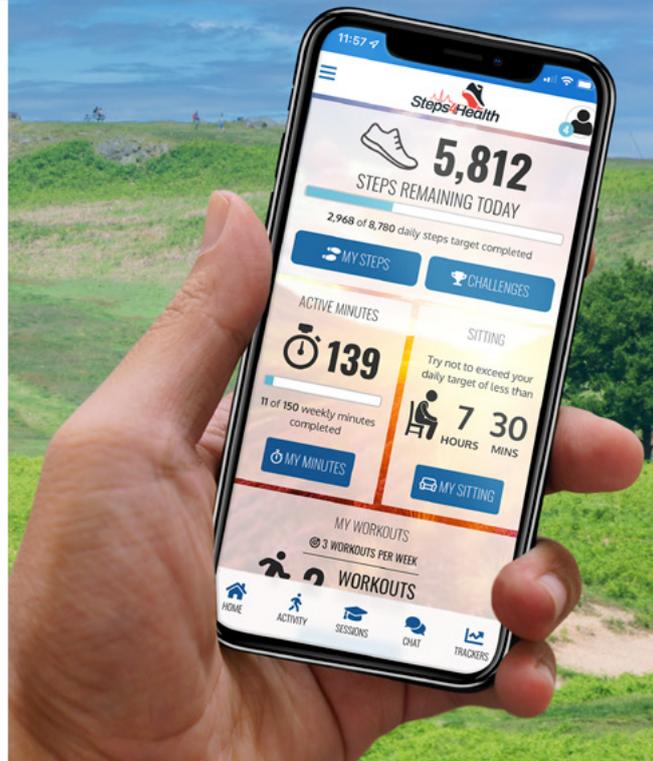# Steps4Health

Did you know as little as 10 minutes of brisk walking daily can increase life expectancy by several years?

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