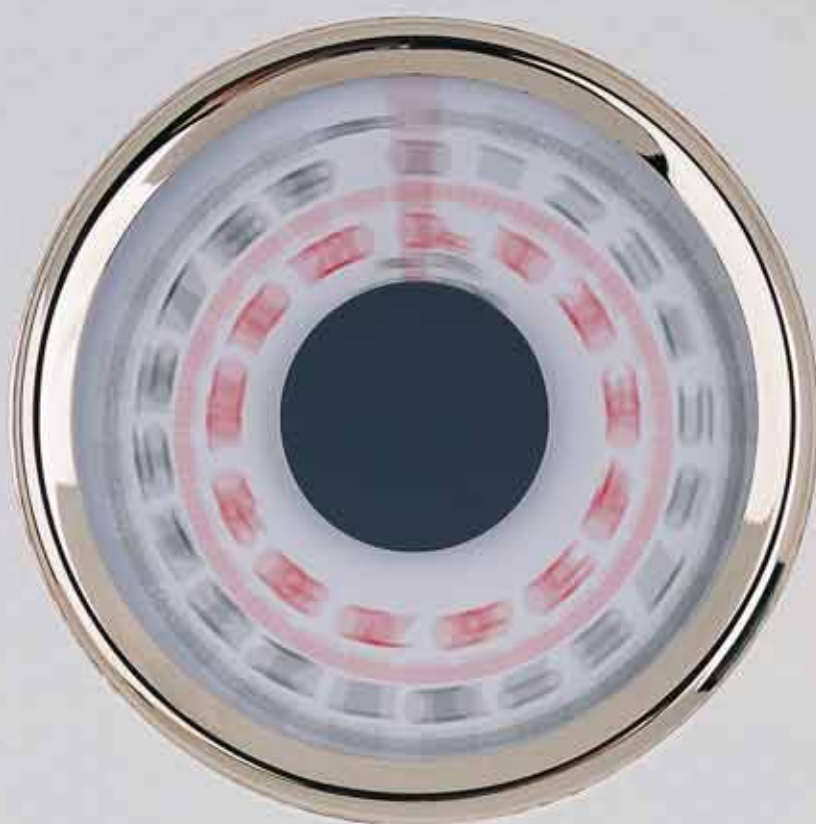


# Why weight?



Walking a mile can burn off  
at least 100 calories