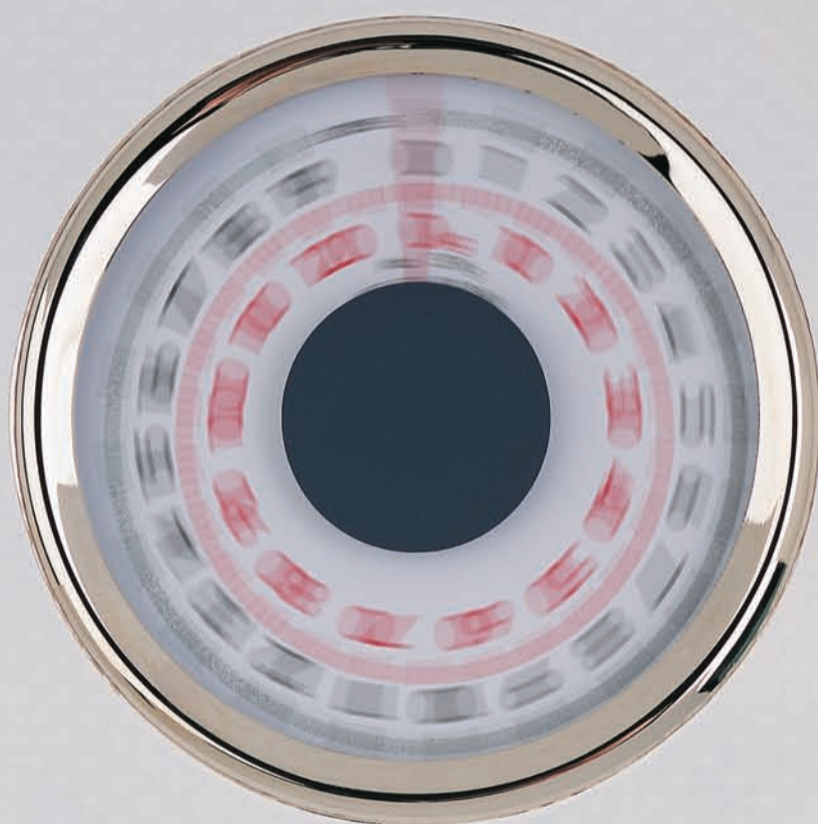


Why weight?



Walking a mile can burn off
at least 100 calories