



***“Exercise: You don’t  
have time not to.”*** – *Unknown*

**5000 steps a day**

**(or 30 minutes of walking)  
equals 15 pounds of  
weight loss in a year.**

**Walking after every meal**

**Equals 2 inch difference on  
your waistline after a year of  
1000 meals.**

**I **DO** not have time to ...**

- Walk for 10 minutes after lunch or dinner.
- Park farther away.
- Take the stairs instead of the elevator or escalator.