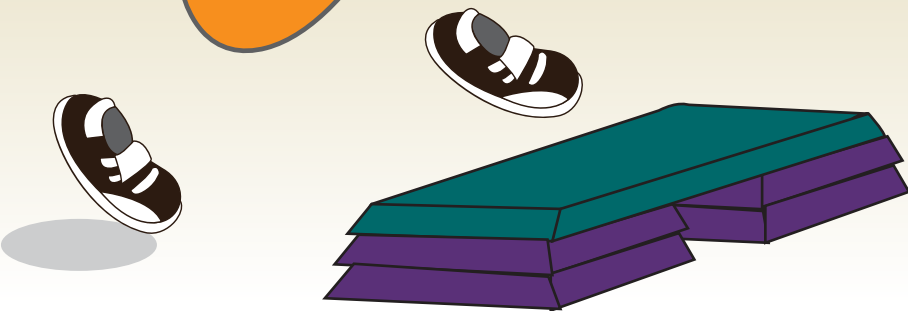


Did you know...

...30 minutes  
of step aerobics  
can add nearly  
**7500 "steps"**  
to your day?



...in motion  
**Your way** >>>

Winnipeg  
*in motion*<sup>™</sup>  
Physical Activity - do it for life!