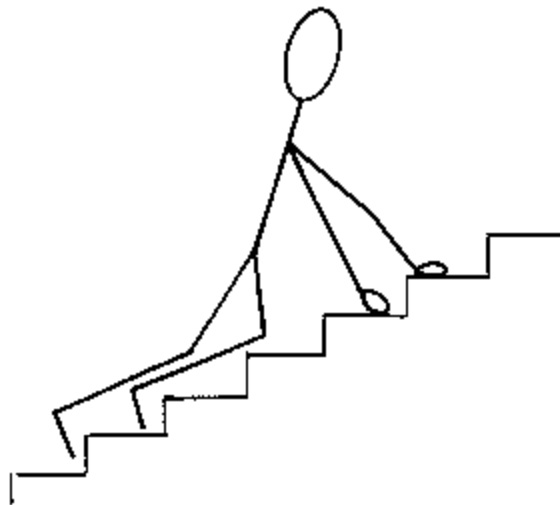




Save energy and take the stairs!



One up, but two down.  
Your heart will like it too.