Step 1: Fold in half.
Step 2: Fold on dotted lines at each end.
Step 3: Tape at bottom.

Experts say that adults should take 10,000 steps and get 30 minutes of exercise every day. Walking is one of the best ways to do that, so let’s get moving!
Instructions:
Step 1: Fold in half.
Step 2: Fold on dotted lines at each end.
Step 3: Tape at bottom.