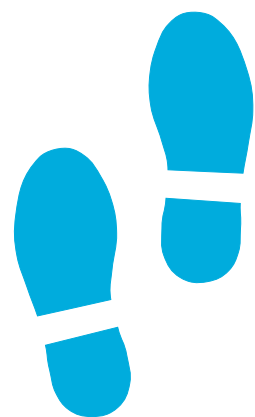


small steps  
make a big difference



stairs are a healthy alternative to save energy



think blue | [www.itqb.unl.pt/planetaitqb](http://www.itqb.unl.pt/planetaitqb)