

Welcome to the 78th Edition of the ICL Senioritis

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Editors

Health Tip: Do I Really Need 10,000 Steps A Day?

You've probably heard someone say that they have to "get their steps in." But does the number of steps you take in a day actually matter? For years, there was a mythology around the health benefits of walking 10,000 steps a day.

But it turned out I rida

The good news is, walking more is a relatively