

# Download How Many Pounds In 81 Kilograms

Our bodies need calories to breathe, move, and live. More specifically, the body needs is the right balance of calories and nutrients to carryout life-sustaining activates. Alongside this essential conservation work, the Park is committed to supporting local communities. Virunga has a vision for responsibly harnessing the Park's natural resources to create new opportunities for the four million people that live within a day's walk of its borders.