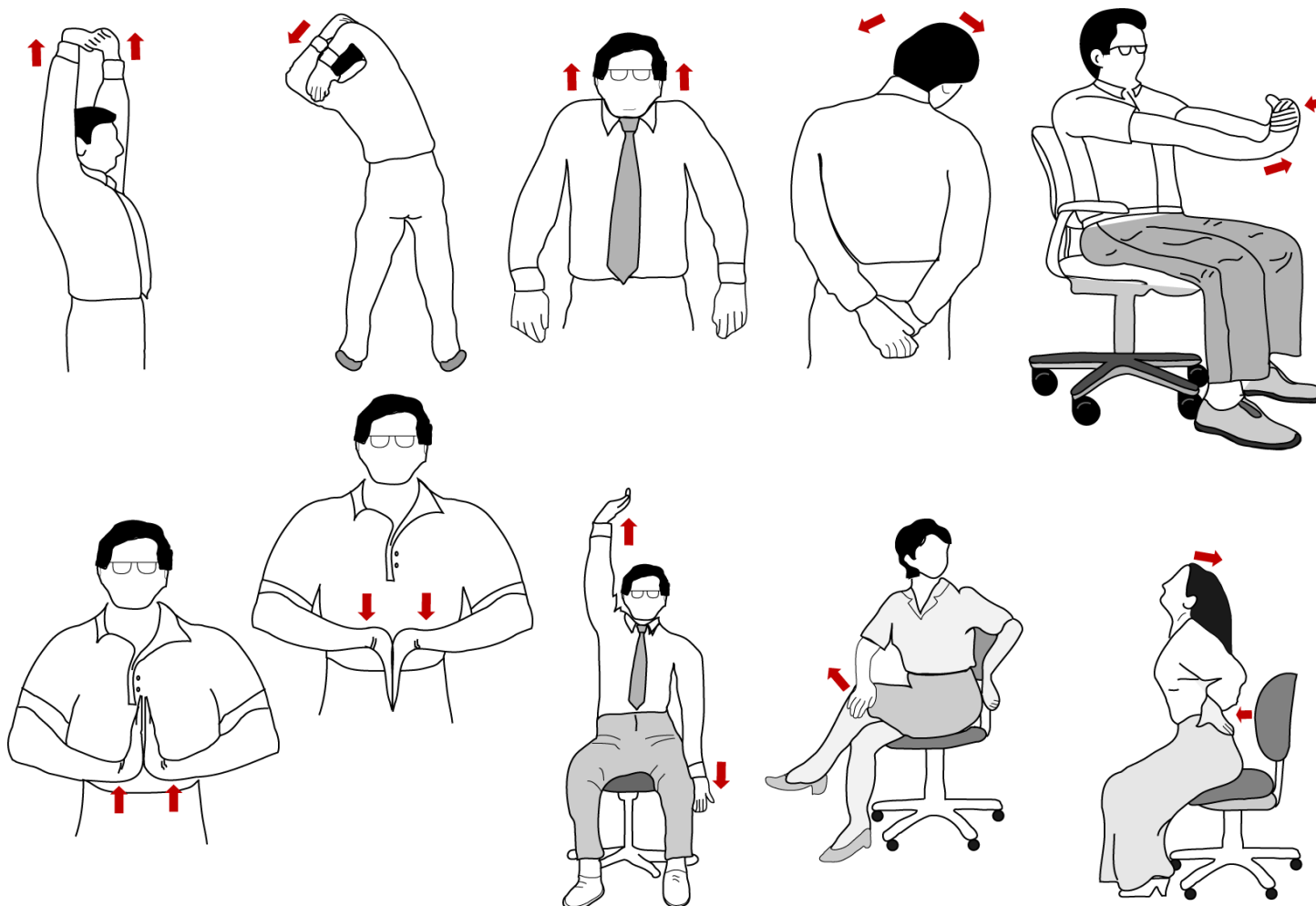


## Helpful exercises to improve your physical health at your work station



Try to complete one repetition of each of these exercises every 30 minutes. You should hold each stretch for 5 seconds. For some of these stretches you will need to do one repetition for either side of the body.