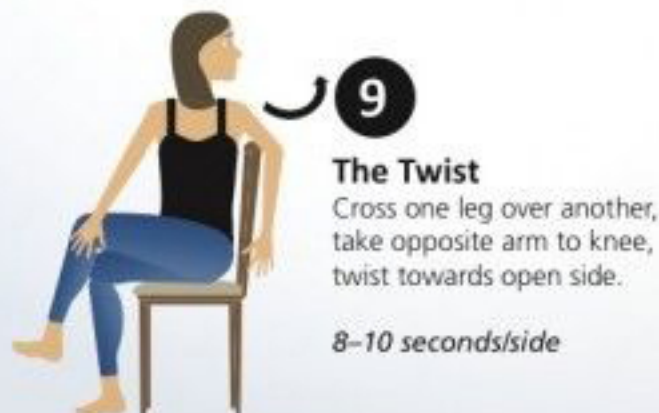
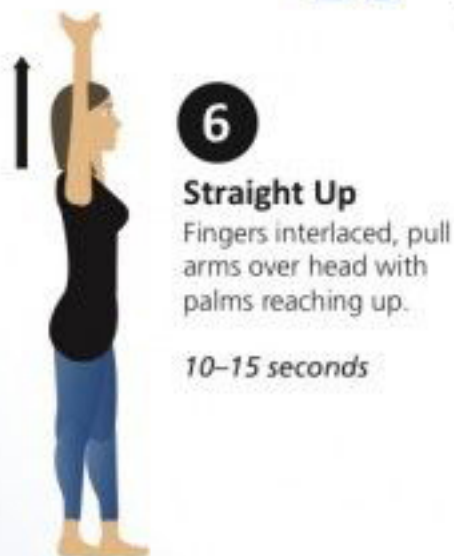




Get Up Offa That Thing

• DESK STRETCHES •

Don't let your desk job leave you feeling stiff. Take some time to do a little moving and shaking throughout the day in the comfort of your office space. But you don't have to stop there—wander around the office or take a stroll outside from time-to-time, too. These simple steps are sure to help you move naturally to well-being.



 **BLUE ZONES PROJECT™**
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