



Thinking it's time to break the routine  
& pack your own lunch!



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WORKPLACE  
*wellness*  
MOVEMENT

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Thinking it's time to  
give a colleague a  
well-deserved high five!



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**HIGH FIVE!**

What I appreciate about you is

THE  
*wellness*  
MOVEMENT

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### **Stand up and stretch**

Put your feet hip width apart, hands on lower back, fingers down. Push out and up with chest, hold for 20-30 seconds

### **Take a walk around the office**

Go say hello to a colleague or grab a glass of water

# Been sitting for 20 minutes or more? Thinking it's time for a stretch!



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