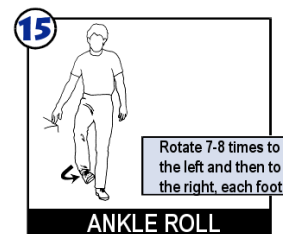
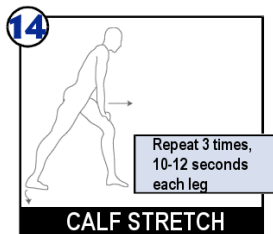
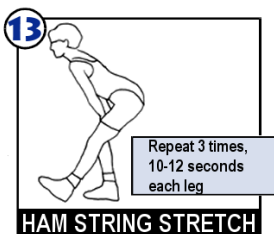
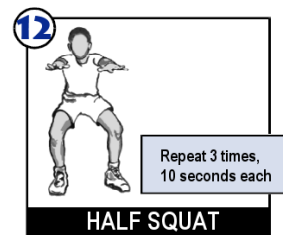
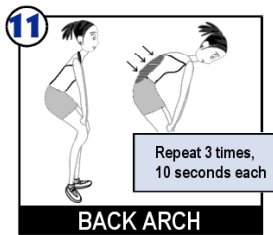
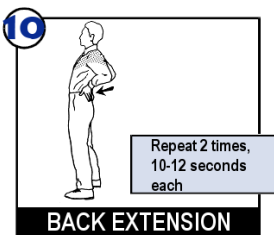
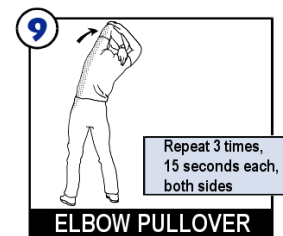
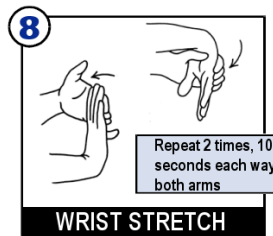
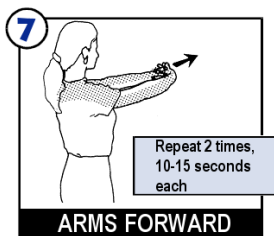
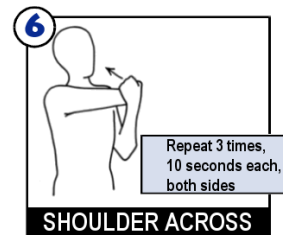
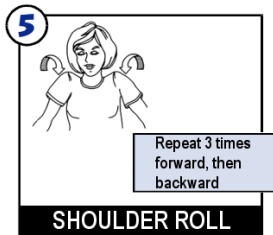
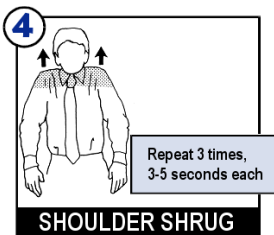
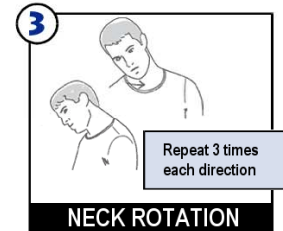
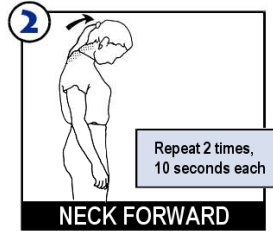
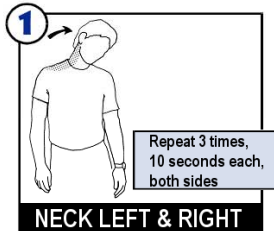


WORKPLACE STRETCHES

Do these stretches regularly to reduce fatigue and avoid injury.



Remember to breathe during stretches.
Stretch to the point where you feel a mild tension.
Do not bounce. Do not overstretch or stretch to the point of pain.
Discontinue any stretches where pain is present.