



	R	I								R	N	H															
E	W	A	O	W			E	B	A	C	P	A															
C	G	A	A	C	E	D	B	F	O	K	S	O	L	S	E												
I	D	R	E	E	R	E	M	U	O	K	E	R	O	R	C	R	E	E	N	I	V	O	F				
A	N	U	U	R	E	D	M	X	I	S	R	H	I	T	G	H	E	S	H	U	R	T	C	T	N	O	P

Ergonomic breaks help to increase worker productivity and reduce the occurrence of injuries. Stretches can help you warm up before work and relax during breaks.