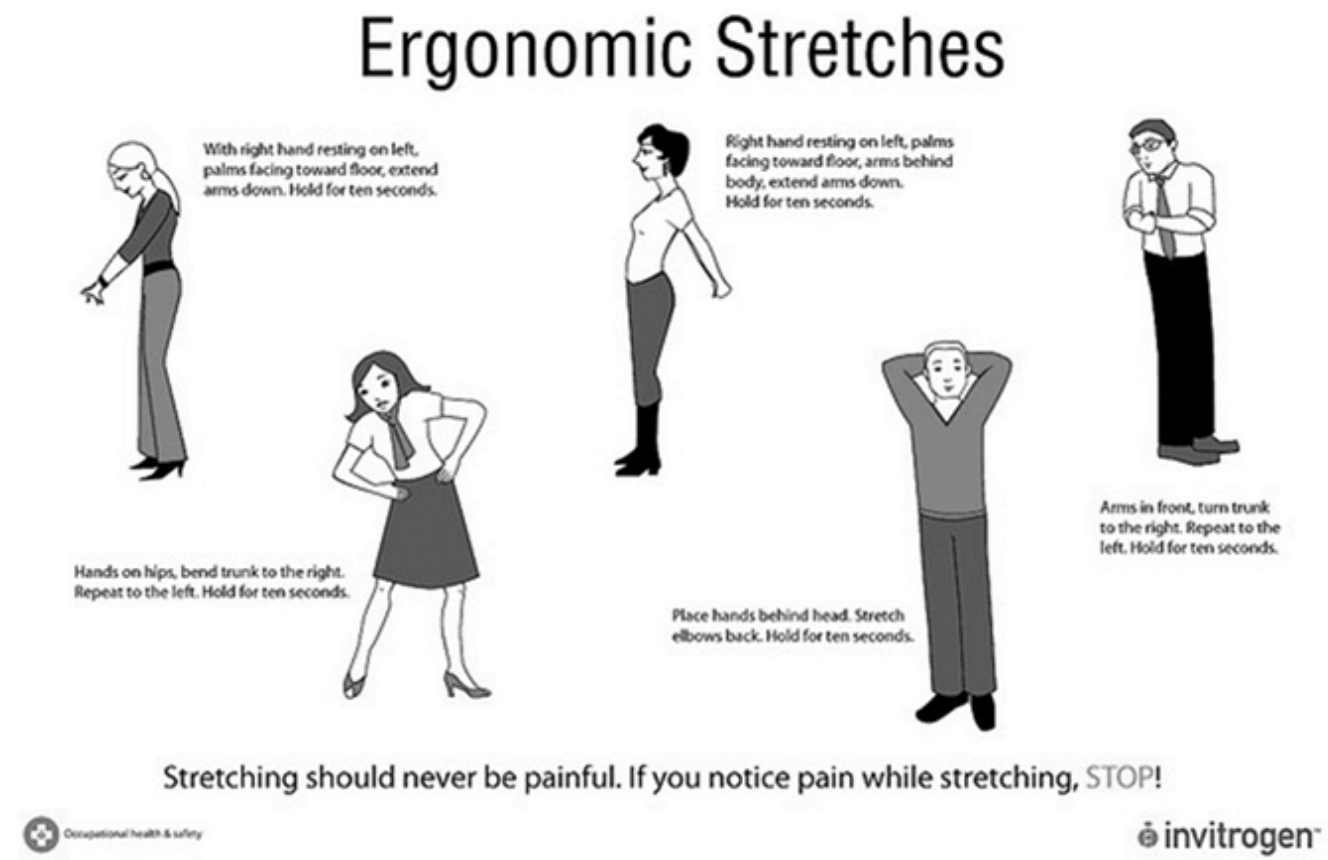
Ergonomic Breaks, Rest Periods, and Stretches Infographic





Source: https://beenznriceart.wordpress.com/