

# Work Well

encourages you to...

Breathe.  
Stretch.  
Walk.  
Make tea.  
Take the stairs.  
Meet and walk.  
Make that doctor's appt.  
Leave your desk for lunch.  
Enjoy an exercise class.  
Lift some weights.  
Rub your back.  
Power Nap.  
Eat healthy.  
Meditate.  
Walk.  
Stretch.  
Breathe.

