

# PRINTING IT OUT?

# STRETCH IT OUT!

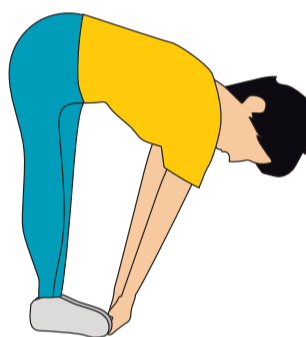
Pick some stretches to do while you wait for your documents to print, and get a little more movement into your day.



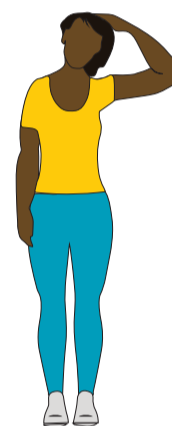
WINDMILLS



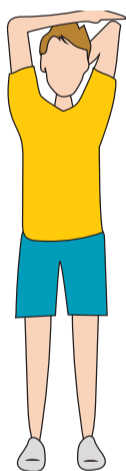
LEG CURLS



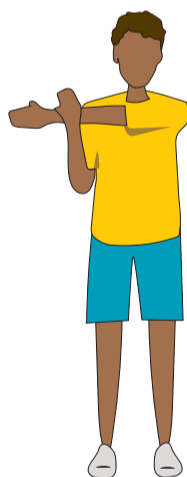
HAMSTRING STRETCH



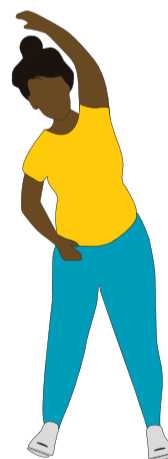
NECK STRETCH



TRICEPS STRETCH



SHOULDER STRETCH



SIDE STRETCH



CALF STRETCH

Sitting less and moving more works wonders for our health. Take a moment now for movement.

