



				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.