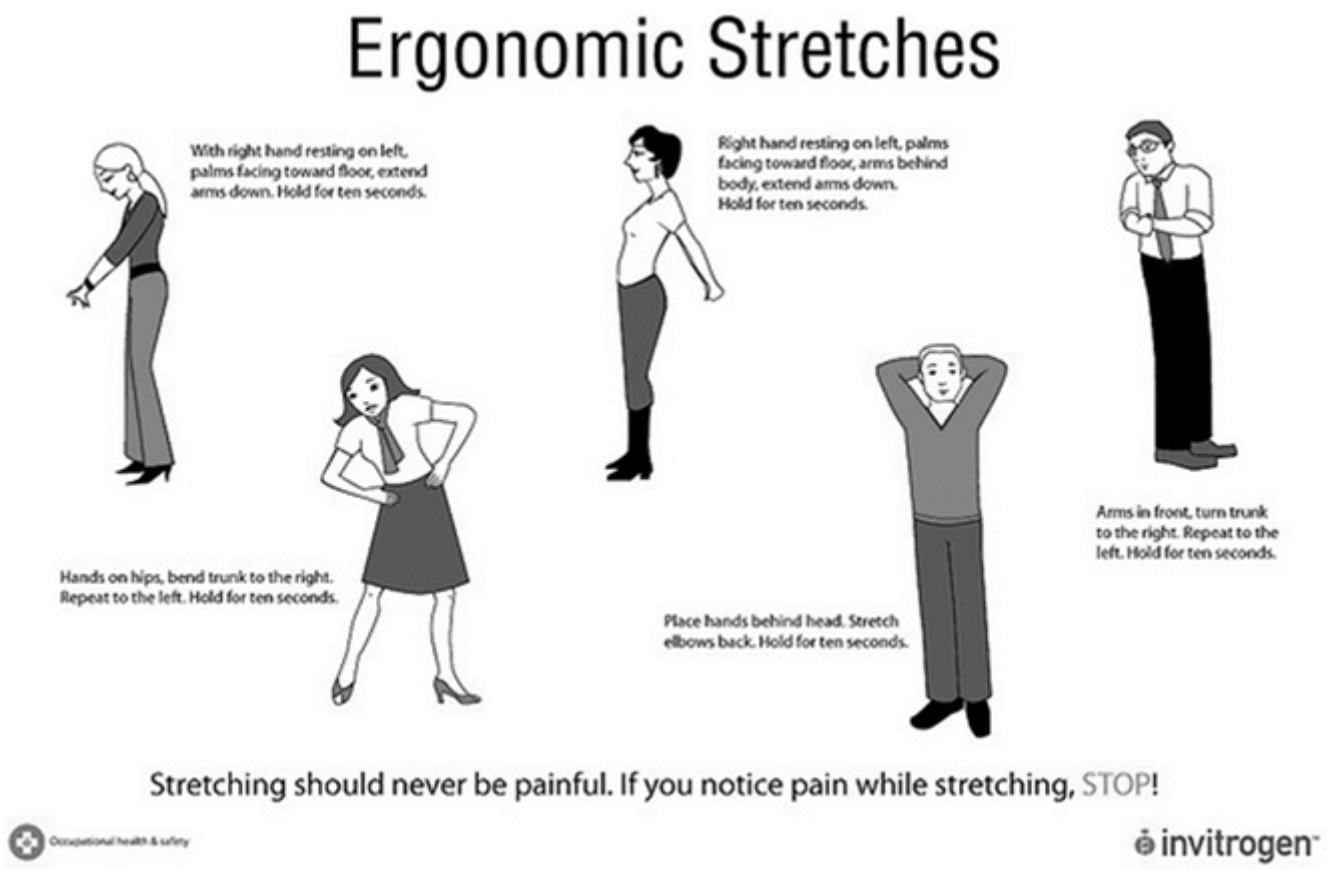
Ergonomic Breaks, Rest Periods, and Stretches Infographic



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