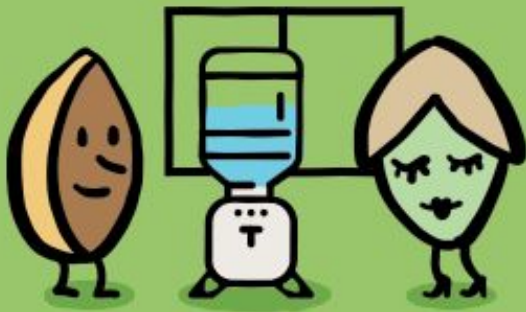


7 WORKPLACE HEALTH HACKS



BROUGHT TO YOU BY:

Jumping JE

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HACKS

- Work on your feet
- Jam to a feel-good playlist
- Smile
- Stay hydrated
- Take a walk
- Keep healthy snacks handy
- Take the stairs

