



Mission In Motion
 Health & Wellness Weekly Bulletin
 July 2012—Back Health



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Working hard?

To avoid getting sore and worn out during your workday, take a stretch break every 20 to 30 minutes. Relaxed and focused after stretching, you may actually complete your work faster and more accurately.

Source: Mayo Clinic



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Back stretches at your desk
 5 seconds and 3 times each

