



Relax in your chair, eyes closed an eigh. Inhale to the count of four. Hold for a seven count. Exhale to count of eight.

Repeat three more times.



Stand with your feet about 1 foot apart. Stretch toward the ceiling reaching for a spot beyond it. Now bend slowly down reaching for a spot between your feet, going as far as possible without pain.

Repeat three more times.



Drink some water whenever your lips are dry

- At the end of the day.... You have increased the **oxygen** in your blood. Helped your **blood flow** with ease. And kept your **tissues hydrated**.
- Try to do 1 and 2 every hour. You will concentrate better throughout your day. Feel better when your work day is done and BE better always.