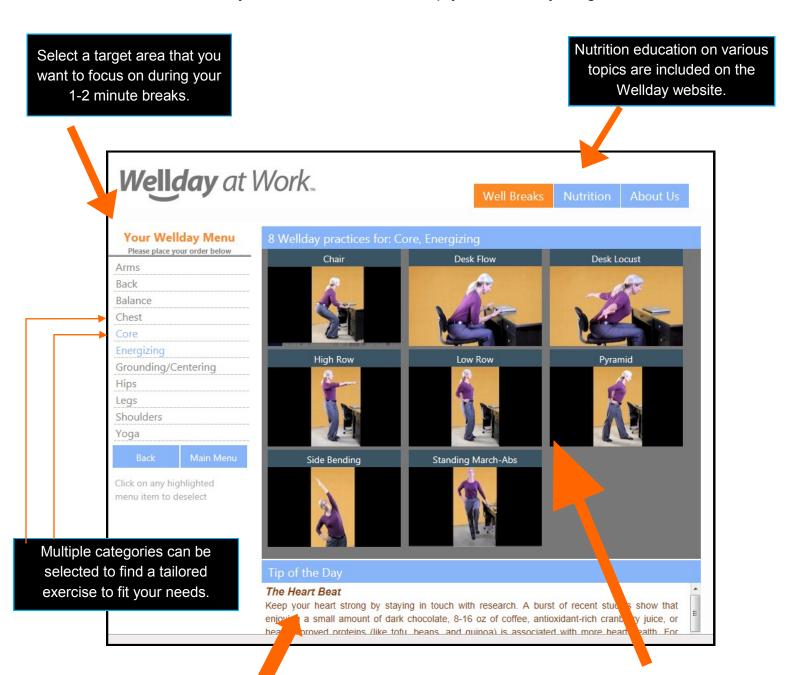
## Wellday at Work...

Tired of sitting at your desk, hour after hour? It's time to get up and get moving! Help prevent that 2:30 lull by taking Well Breaks throughout the day. You can set a desktop widget to remind you of these breaks to help you achieve your goals.



Tips of the day are featured to assist with your overall wellness goals.

Videos of stretches, routines, and exercises are provided for you to follow along with.