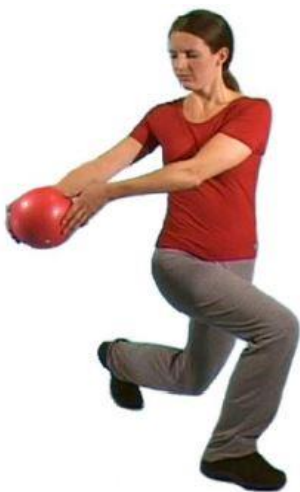


Wellbeing@Work Festival 2018

Take a HIT! High Intensity Workouts take just 5 mins!

While you're waiting for your printing try any 3 of the exercises below – rest for 1 minute between each...



Rotational
lunges
(you don't need
the ball!)



Jog on
the spot



Deep squats



Desk (or
other handy
surface)
push ups

The benefits include: releases endorphins, boost your metabolic rate, burns calories, helps prevent diabetes and heart disease, helps reduce weight, increases lung capacity and makes you feel good in a spare 5 mins!