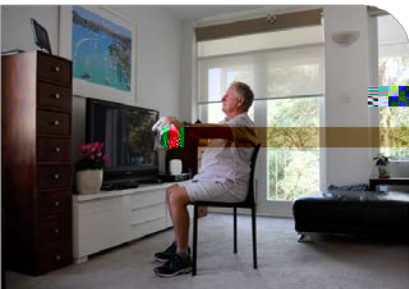


Ten quick ideas for employees: How to fit activity into your working day

walking meeting

sitting exercises



resources

home workout

fitness challenge