

Feel sleepy in the middle of shift work (especially on night shift)?

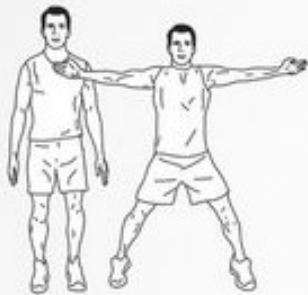
Feel sluggish around 3pm?

A good way to re-energize and wake up your body is to move it!
Here are some simple exercises you can do anytime anywhere and no special equipment needed...only your body!

STAY **AWAKE!**

repeat every 60 minutes

STAY HEALTHY! STAY SAFE!



24 jumping Ts



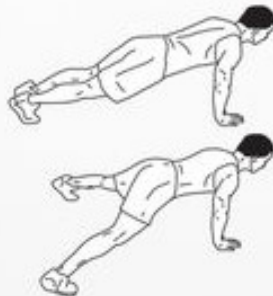
12 plank jump-ins



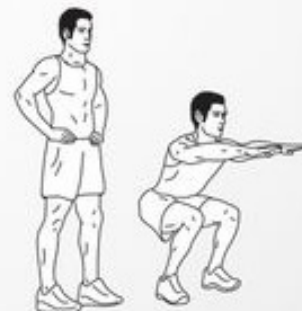
24 butt kicks



24 reverse lunges



12 plank jacks



24 squats

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