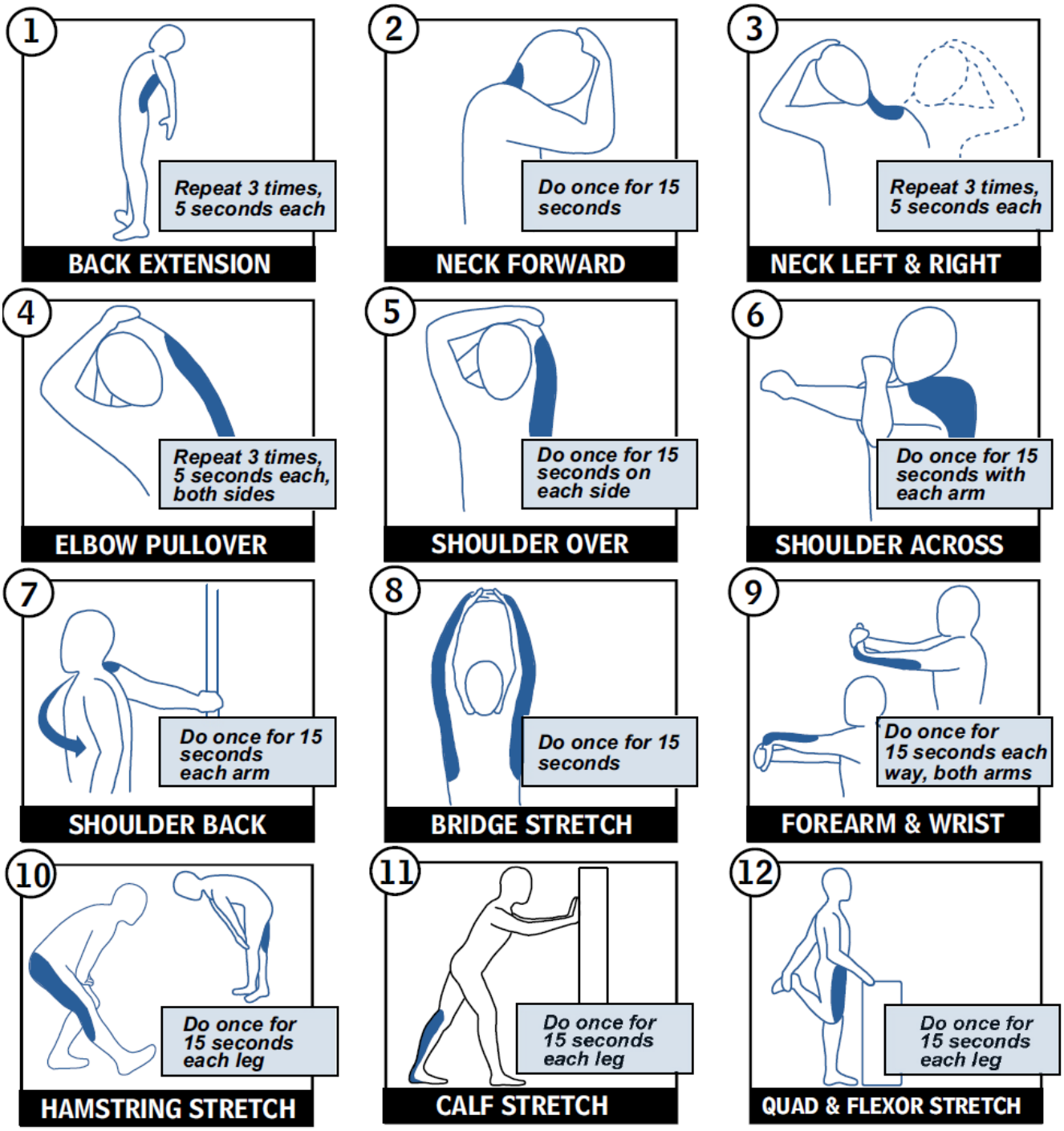
INTEGRIS HEALTH

Do these quick stretches regularly to reduce fatigue and avoid injury: