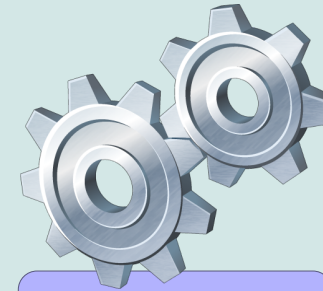




Mind your ergonomic setup



Keep a move on



Take breaks every hour (micro-reset)



Don't forget to mind your mental health



5 Ergonomic Tips For Your Home Office



Let's stay focused on the future



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