

LIFT AND TUCK



When getting out of your seat, pick up the chair and do a small bicep curl before tucking it under the desk.

The background is a solid green color with a repeating pattern of white line-art icons for various fruits and vegetables, including bananas, carrots, broccoli, mushrooms, and water bottles. A large, solid green circle is centered on the page, serving as a backdrop for the text.

Crunch&Sip[®]

Mini Movement Moments