



Office Activators

Betsy Magee

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Maintaining a healthy lifestyle can relieve stress, reduce illness, and improve emotional and physical well-being. A good exercise program can also enhance fitness level, strengthen the cardiovascular system, and increase productivity.

Many working people want to exercise during the day, but it's time-consuming to go to the gym... change... workout... shower... change... and return to work.

Office Activators is a CD-ROM with a series of five brief exercises that can be done in a chair at the computer, whether you're wearing a business suit, dress, or leisure clothing.

They provide the benefits of exercise without the inconvenience of interrupting your day.

These simple exercises can raise alertness, productivity and creativity. They can be done as often as you like. It's like having your own personal trainer!

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