



MARCH

- **WORKPLACE COMMUNITY.**

Active breaks are the key to creating a breather in an otherwise busy day while also strengthening workplace camaraderie.

These small moments of movement provide opportunities for fun conversations and shared laughter, enhancing individual well-being.[""]

Community Active Break

Bring your colleagues along and give your workday a fresh boost!

Here with us, we have a joint active break every ____day
and ____day at _____ in the month of March.

We gather at _____

GET READY TO FEEL THE DIFFERENCE
ONE ACTIVE BREAK AT A TIME.



OFFICEFIT
STAY ACTIVE WHILE WORKING