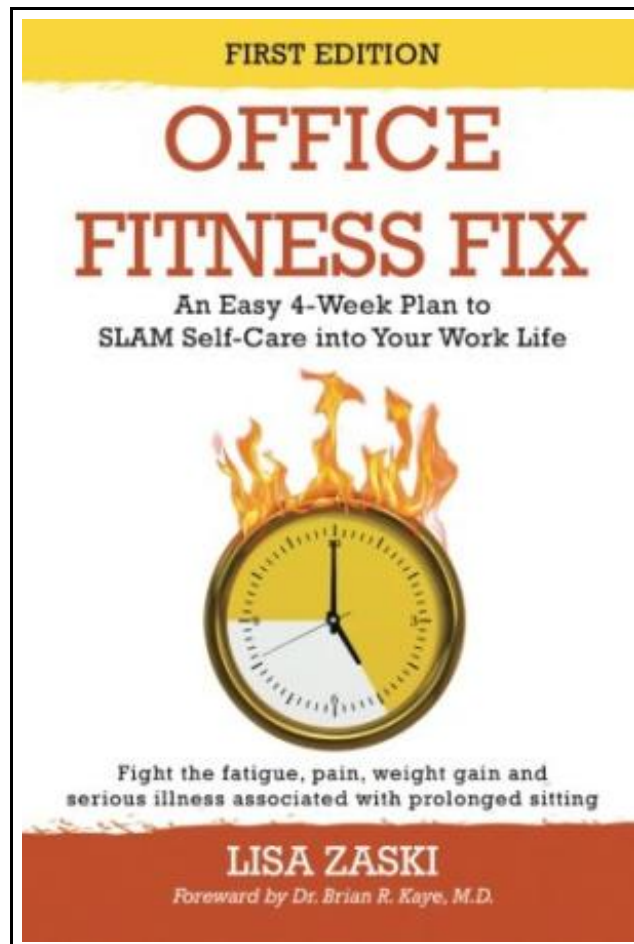


## Office Fitness Fix: An Easy 4-Week Plan to Slam Self-Care Into Your Work Life



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