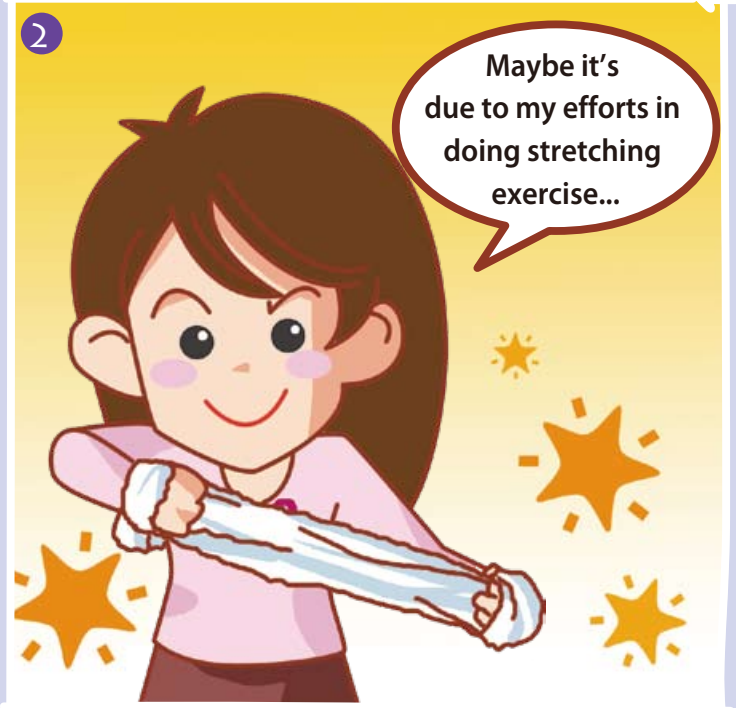




Stretch your body, stretch your mind.



Physical activities help to relieve mental stress and promote mental well being, thus increasing work efficiency.

