

# Starts 20 February

## TotalEnergies House

Get a 10 minute  
Stretch Break

Start your day away from  
your desk: come and join in!



**Mondays - Wednesdays - Fridays**

08h15 for 10 Minutes in Booster

**Why?** Ease out those aches and pains, improve performance of everyday activities, reduce stress and tension. Improve posture, reduce risk of repetitive strain injury, earn points!

<https://healthoutfit.co.uk/totalenergies/>



healthoutfit