

Workout at Work: Balance on One Foot



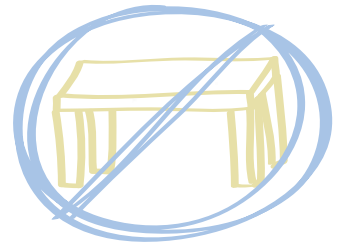
Close your eyes if
you're really brave

Work your inner
ballerina

Perfect for long
conference calls



Do not attempt while
standing on a table



Raise one leg while standing on
the other, acknowledge your
obvious amazing-ness, switch legs.




Intermountain
Live Well