Ergonomic Breaks, Rest Periods, and Stretches Fallen Phrases

			R		O	N				C		B	R		A													
						S							E			P	R	O	D						I	T	Y
	N						U				T		E			C		U									
I	N	J				E	S	.			T	R	E		C					C	A				E	L	
Y	O									P							E		W			K				D	
				R		L					U	R		N				R	E		K		.					

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            R I                                     R   N   H
      E     W A   O   W           E       B       A C P   A
      C     G A   A C E D   B     F O K S       O L S   E
I     D R E E R E M U O   K E R O R C   R E E N I V O     F
A N U U R E D M X I S R H I T G H E S H U R T C T N O P
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Answer:

Ergonomic breaks help to increase worker productivity and reduce the occurrence of injuries. Stretches can help you warm up before work and relax during breaks.