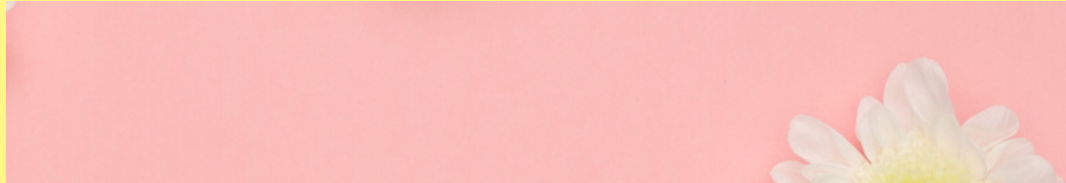


# Take a Brain Break

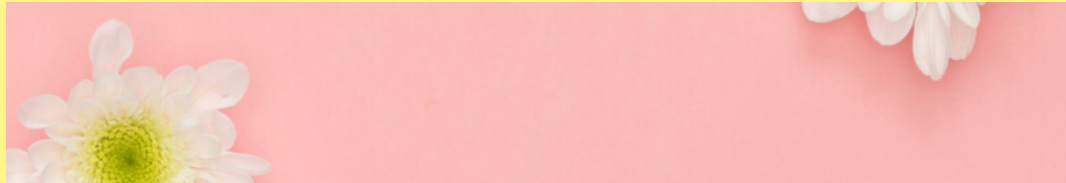
## Roll the Dice



**20 Jumping Jacks**



**15 Sit-Ups**



**Hop On One Foot**  
For 20 Seconds



**10 Push-Ups**



**Touch Your Toes**  
Hold for 15 Seconds



**Run In Place**  
For 20 Seconds