

[IMAGE] Office Fitness Timer | toyourhealth.com To Your Health is the leading source of alternative health news and wellness education information serving holistic minded patients [IMAGE] a.consent:link { color:#FFF; } a.consent:visited { color:#FFF; } a.consent:hover { color:#a2a2a2; } a.consent:active { color:#FFF; }

[Contact Us](#) [Help](#)

[IMAGE]

[IMAGE]

[IMAGE] [IMAGE]

[IMAGE]

[IMAGE]

[IMAGE]

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[IMAGE]

[IMAGE]

In This Issue:

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- [Keep Your BMI Stable](#)
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- [Walk Faster, Age Slower](#)
- [The Power of Herbs & Spices](#)
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## Office Fitness Timer


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Here's a quick way to stay on top of office fitness. Just click one of the minute amounts at the top of the screen. The timer will start, and when you've reached that time, the box will start flashing green. It's built this way so that if you're stretching in the office, you can just glance at the screen to see if you've completed the amount of time you wanted to. Just click the "Stop" button to stop the flashing.

Have fun and stay fit!

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[www.My-Health-And-Fitness.org](http://www.My-Health-And-Fitness.org)

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