

GOOD HEALTH

starts at

WORK

**"It's only Tuesday
and I'm already
exhausted."**

Fatigue and burnout aren't
normal parts of going to work.

No matter if you are in a
physical job or office based,
it can affect anyone.

Getting six to nine hours of
sleep, coupled with a healthy
diet can make loads of
difference.



Find out more
here about
how good
health can
start at work.

