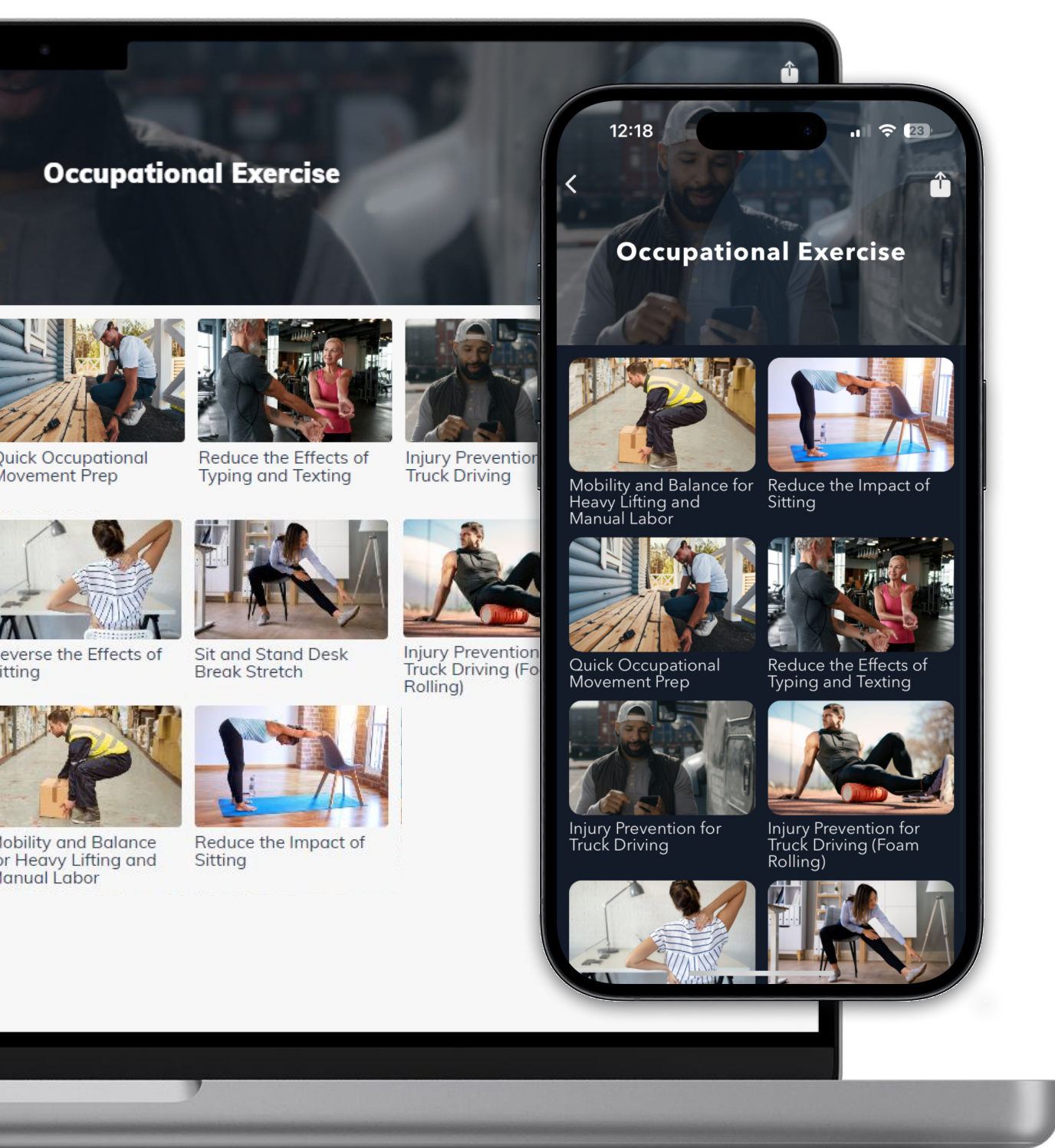
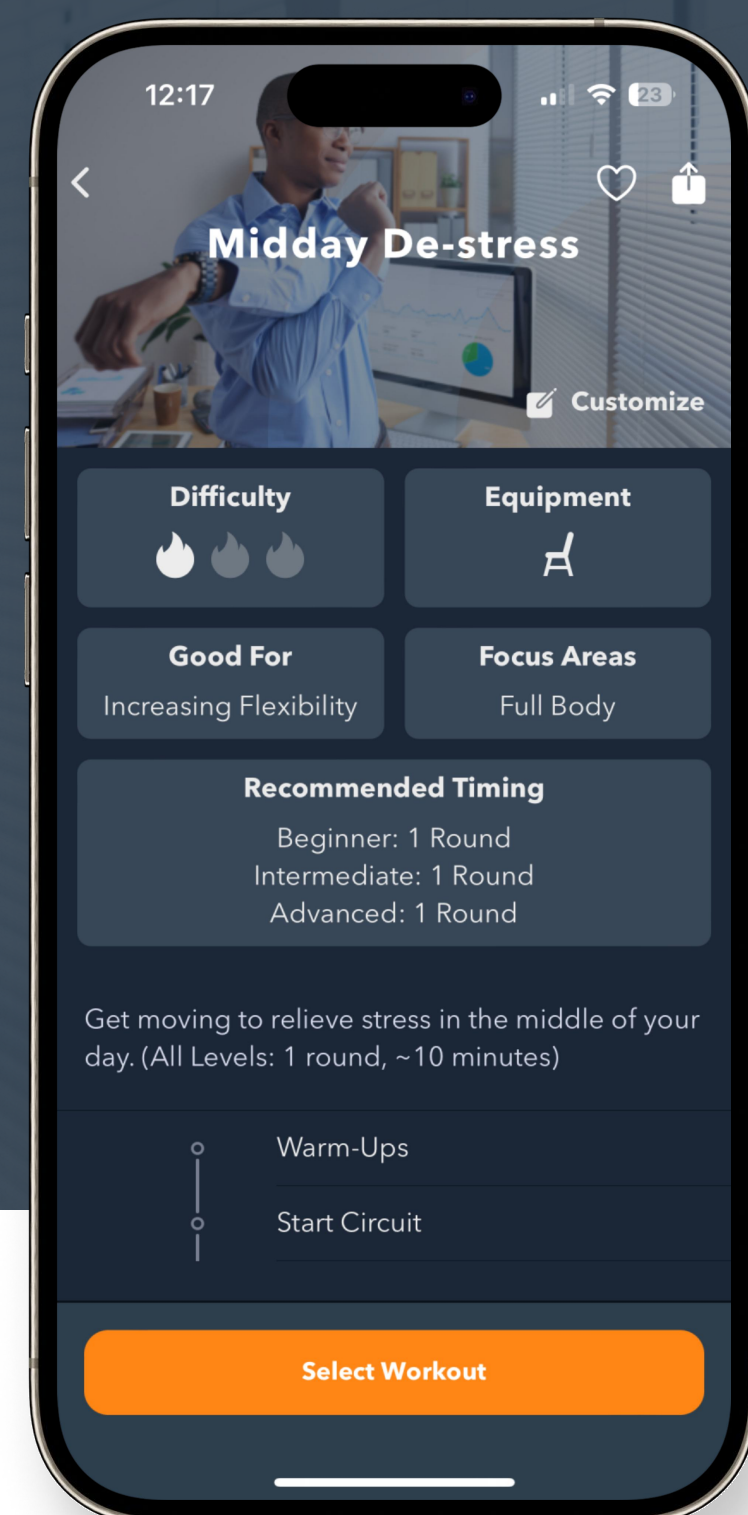


MOVE, STRETCH, THRIVE

Enhancing Workplace Happiness and Efficiency

Sworakit workouts fit seamlessly into your workday, combining exercises and stretching to enhance well-being and productivity.

SWÖRKIT
HEALTH



Benefits of Workplace Movement

- ✓ **Stress Reduction and Mood Enhancement:** Stretching and desk exercises help reduce stress and improve mental alertness, leading to a more focused work environment.
- ✓ **Increased Productivity:** Regular movement breaks can boost energy levels, improve focus, and enhance cognitive performance, leading to better work productivity.
- ✓ **Reduced Pain and Improved Mobility:** Movement breaks help prevent musculoskeletal disorders, leading to less pain, greater mobility, and an overall better quality of life.

Workday Wellness: Ergonomics and Stretching Resources

Visit our client portal for ergonomic and stretching videos to optimize your workspace and boost your daily well-being. Discover how to set up your desk for comfort and stay energized throughout the day.

Haven't signed up for Sworakit yet? Be sure to do so and get started today!



Scan to Explore and Sworakit!