

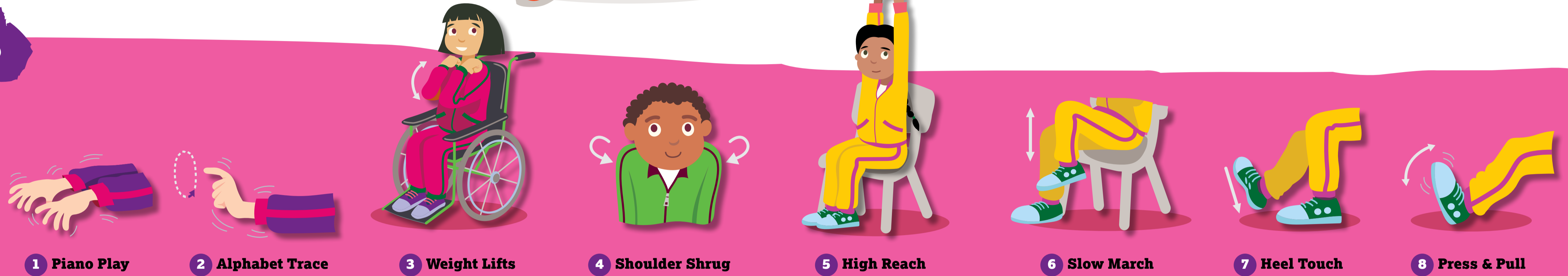
# Bizzy Breaks

for Bizzy Bodies and Bizzy Minds



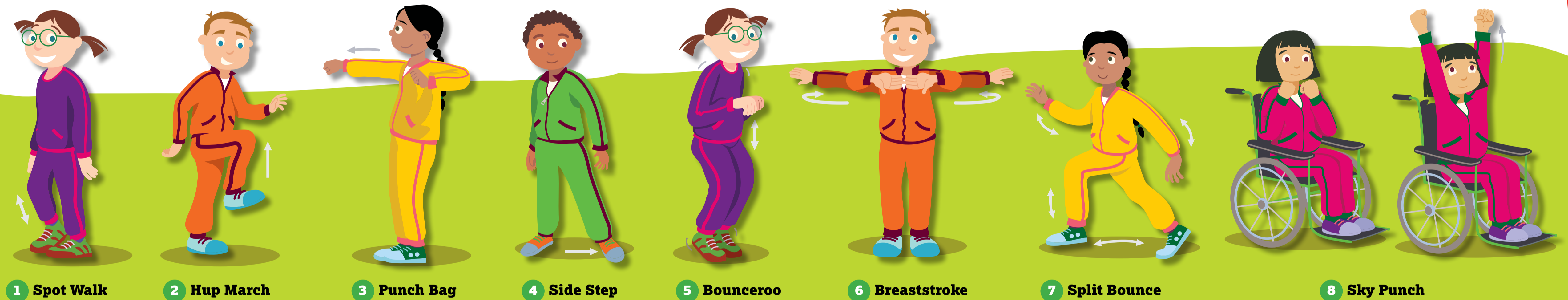
## Looseners

Warm up and energise



## Huffers

Get your heart pumping



## Stretchers

Stretch and relax

