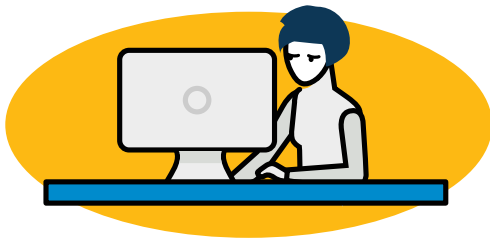


THE 20-20-20 RULE

TAKE A



**SECOND
BREAK**



EVERY



MINUTES



**TO LOOK AT
OBJECTS**



**FEET
AWAY**

