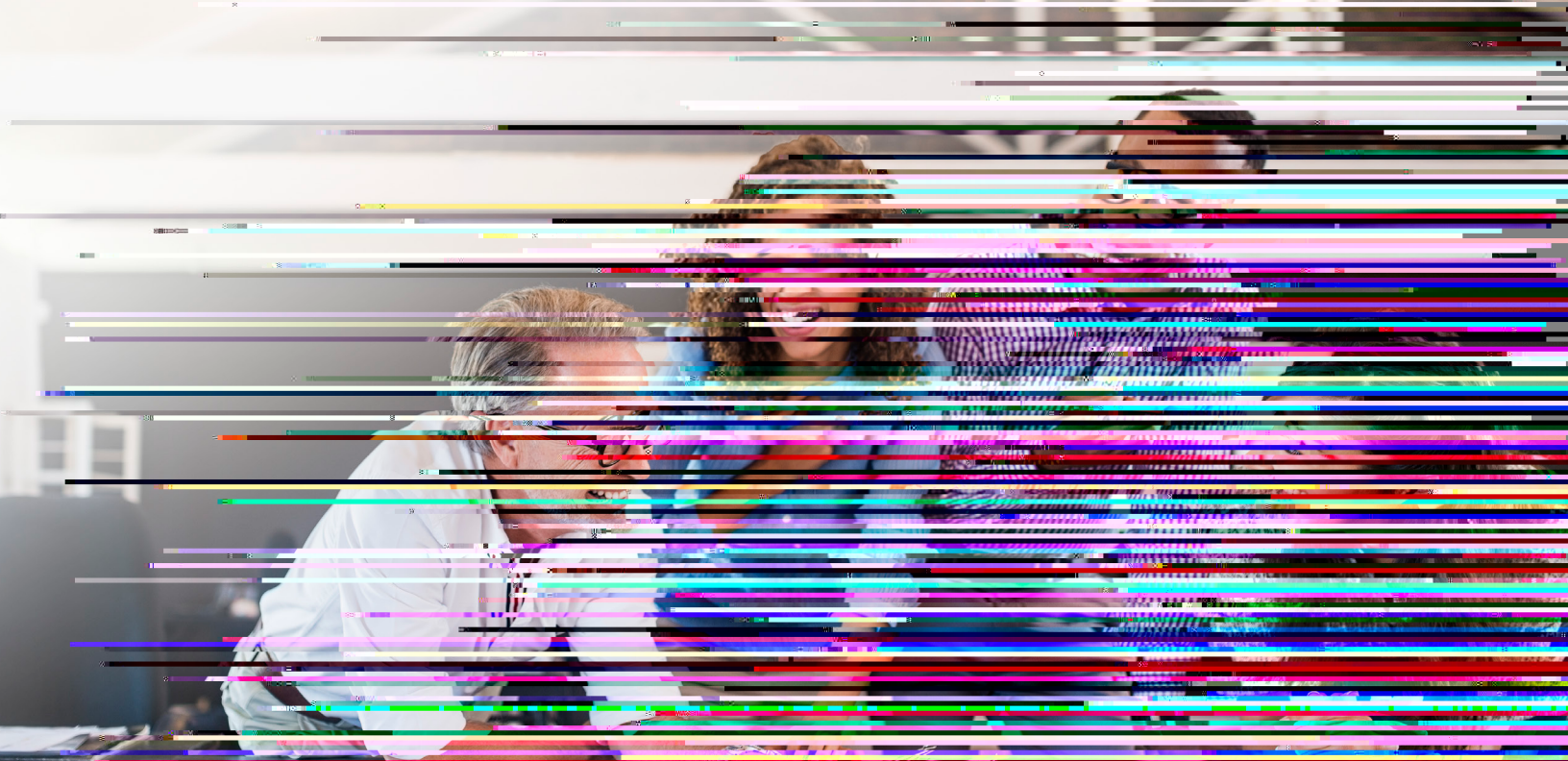




$W\phi^0 z s \sim q s^- \hat{A} \{ \{ k i \quad {}^1 s^2 r \} \wedge \sim \gg p \phi^3 - 2 \phi^{\wedge 2} s \phi^- \bar{U} \} {}^{32} 2 r k q \phi \phi i$
 $\sim k {}^1 - s^- 2 r^{\wedge 2} 2 r k \phi k^{\wedge} \phi k^{\wedge} 1^{\wedge} \gg - 2 \phi^a \phi s \phi s^2 s^{\frac{3}{4}} k \gg \phi^3 \phi \} k \sim 2^{\wedge} \{ \wedge \sim i$
 $a r \gg - s g^{\wedge} \{ {}^1 k \{ \{ \hat{i} f k s \sim q i^3 \phi s \sim q^2 r k^1 \phi \phi z i^{\wedge} \gg \bar{U} \} , k \sim - \}^{\wedge} \{ \{$
 $g r^{\wedge} \sim q k^- \}^{\wedge 22} k \phi^{\wedge} \sim i g^{\wedge} \sim \{ k^{\wedge} i^2 \phi f s q s \}^a \phi \phi , k \} k \sim 2^- \bar{U}$
 $5 k \phi k^{\wedge} \phi k^- \phi \} k^2 \phi^a 2 s^a - 2 r^{\wedge 2} \gg \phi^3 g^{\wedge} \sim - 2^{\wedge} \phi^2 2 \phi i^{\wedge} \gg \bar{U}$

$W r k \sim {}^1 \phi \phi z q k^2 - r k g^2 s g \bar{U} \gg \phi^3 \}^{\wedge} p \phi \phi q k^2^{\wedge} f \phi^3 2 r k^{\wedge} \{ 2 r \gg r^{\wedge} f s^2 - \{ s z k i \phi s \sim z s \sim q$
 $k \sim \phi^3 q r^1 \wedge^2 k \phi \bar{Q}^- k^{\wedge} \phi k \hat{A} \{ \{^{\wedge} f \{ k^1 \wedge^2 k \phi f \phi^2 2 \{ k^2 \phi^2 \phi^{\wedge} g z \gg \phi^3 \phi s \sim 2^{\wedge} z k \bar{U} B \phi \}^{\wedge} z k^{\wedge}$
 $q^{\wedge} \} k^{\phi^3 2} \phi p^- 2^{\wedge} \gg s \sim q r \gg i \phi^{\wedge 2} k i^1 s^2 r \gg \phi^3 \phi g \phi^1 \phi \phi z k \phi^- \phi \phi p^{\wedge} \} \{ s \gg \} k \} f k \phi^- \bar{U} {}^1 r k \sim$
 $- \phi \} k \phi \sim k^- \wedge \gg - \bar{o} {}^1 \wedge^2 k \phi g r k g z \bar{U} \phi k , k \phi \gg \phi \sim k \} {}^{3-2} 2^{\wedge} z k^{\wedge} i \phi s \sim z \bar{U}$

Why? Drinking enough water has many benefits, including improving brain function.

2

Good nutrition improves physical health and may help decrease stress and anxiety. A lunch break also helps you avoid getting too hungry and then overeating, or

