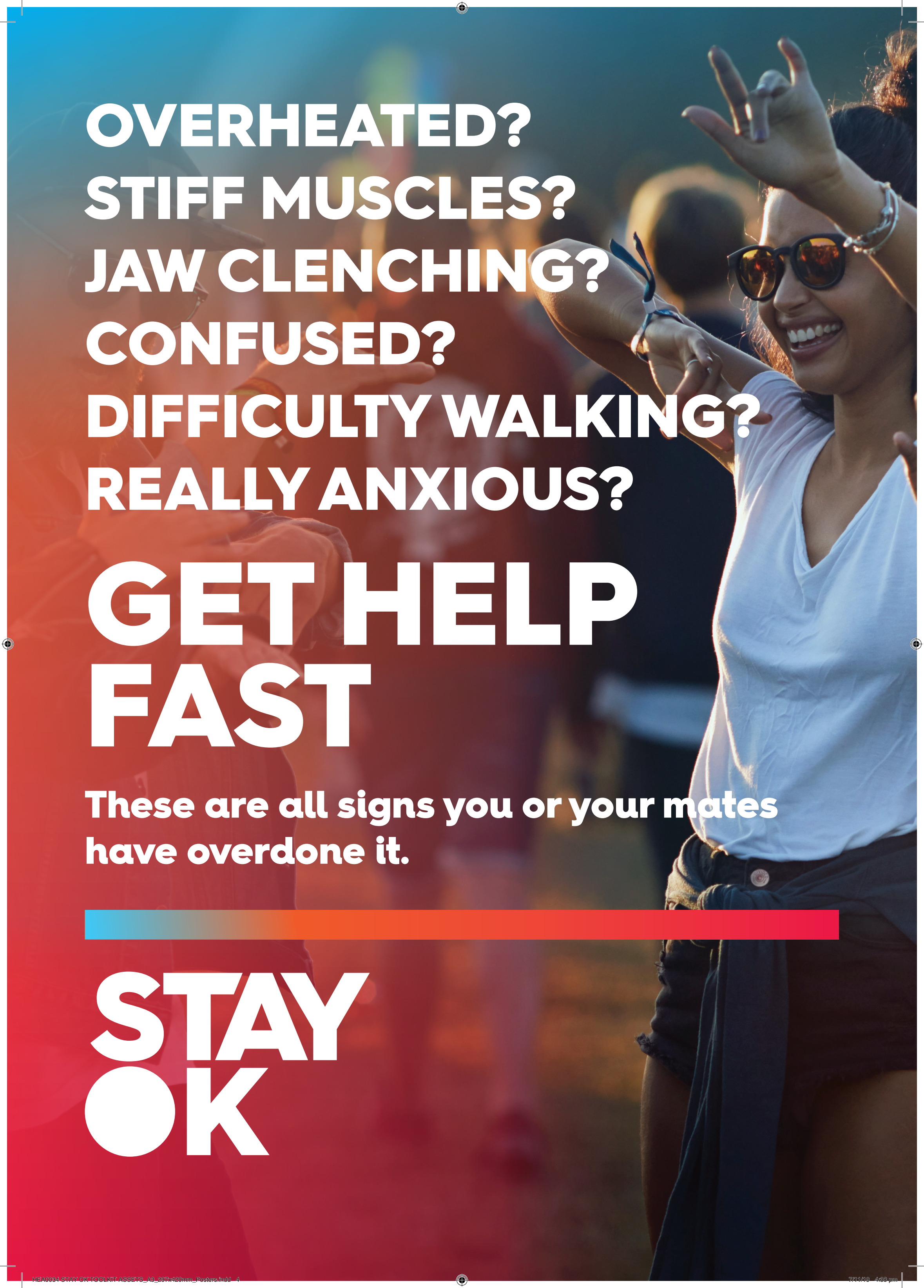


**OVERHEATED?
STIFF MUSCLES?
JAW CLENCHING?
CONFUSED?
DIFFICULTY WALKING?
REALLY ANXIOUS?**

**GET HELP
FAST**

**These are all signs you or your mates
have overdone it.**

**STAY
OK**



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