Overheated?
Stiff muscles?
Jaw clenching?
Confused?
Difficulty walking?
Really anxious?

GETHELP FAST

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

27/7/2024 11:50 AM



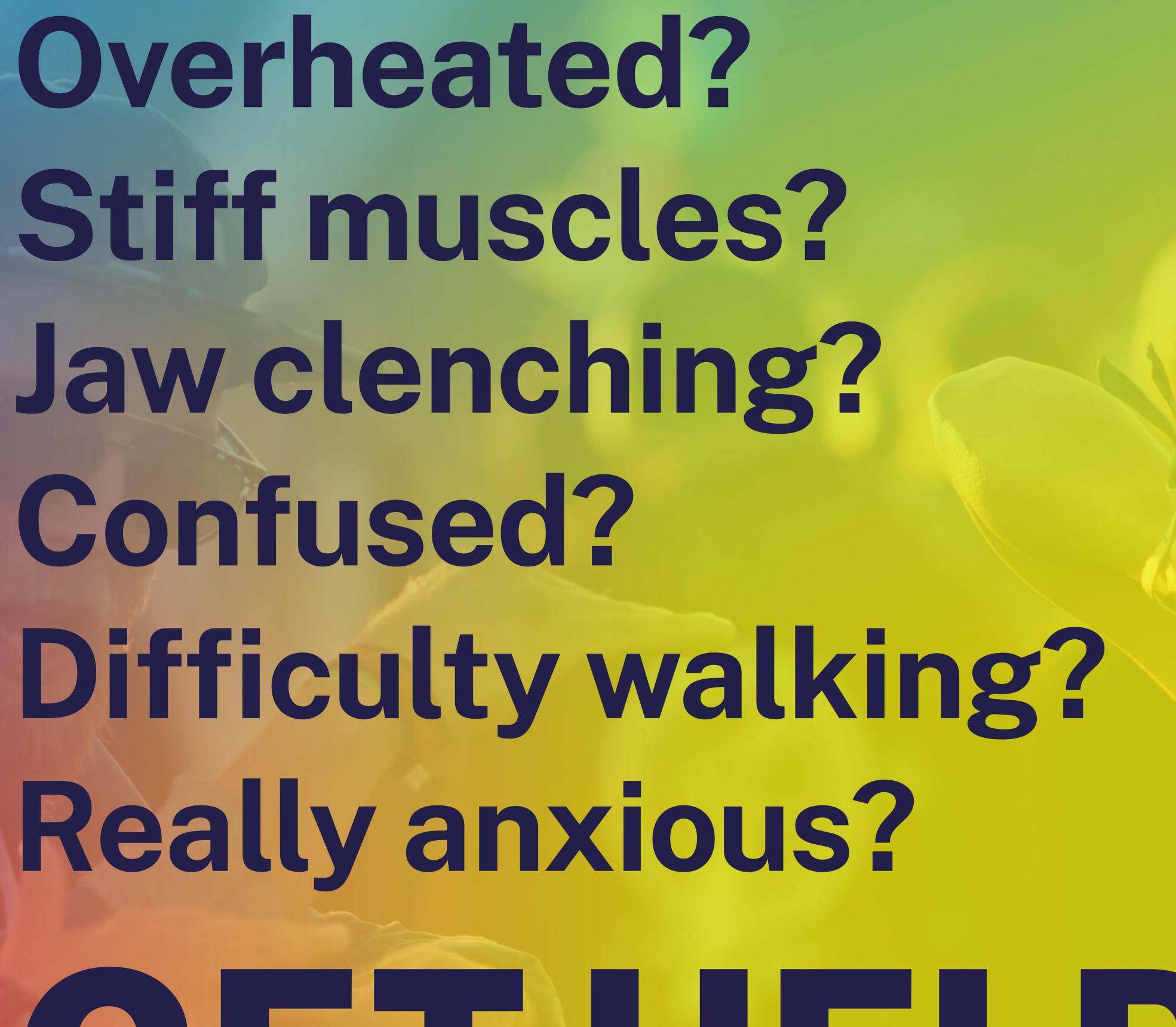
241702 Stay OK Portrait Overheated A0.indd

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