

**Overheated?**

**Stiff muscles?**

**Jaw clenching?**

**Confused?**

**Difficulty walking?**

**Really anxious?**

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



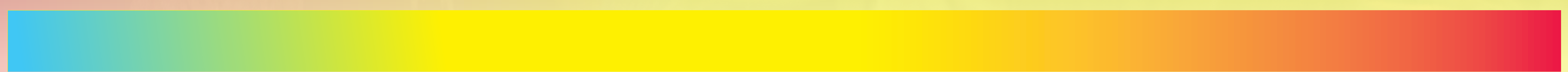
**GET HELP HERE**

**STAY  
OK**



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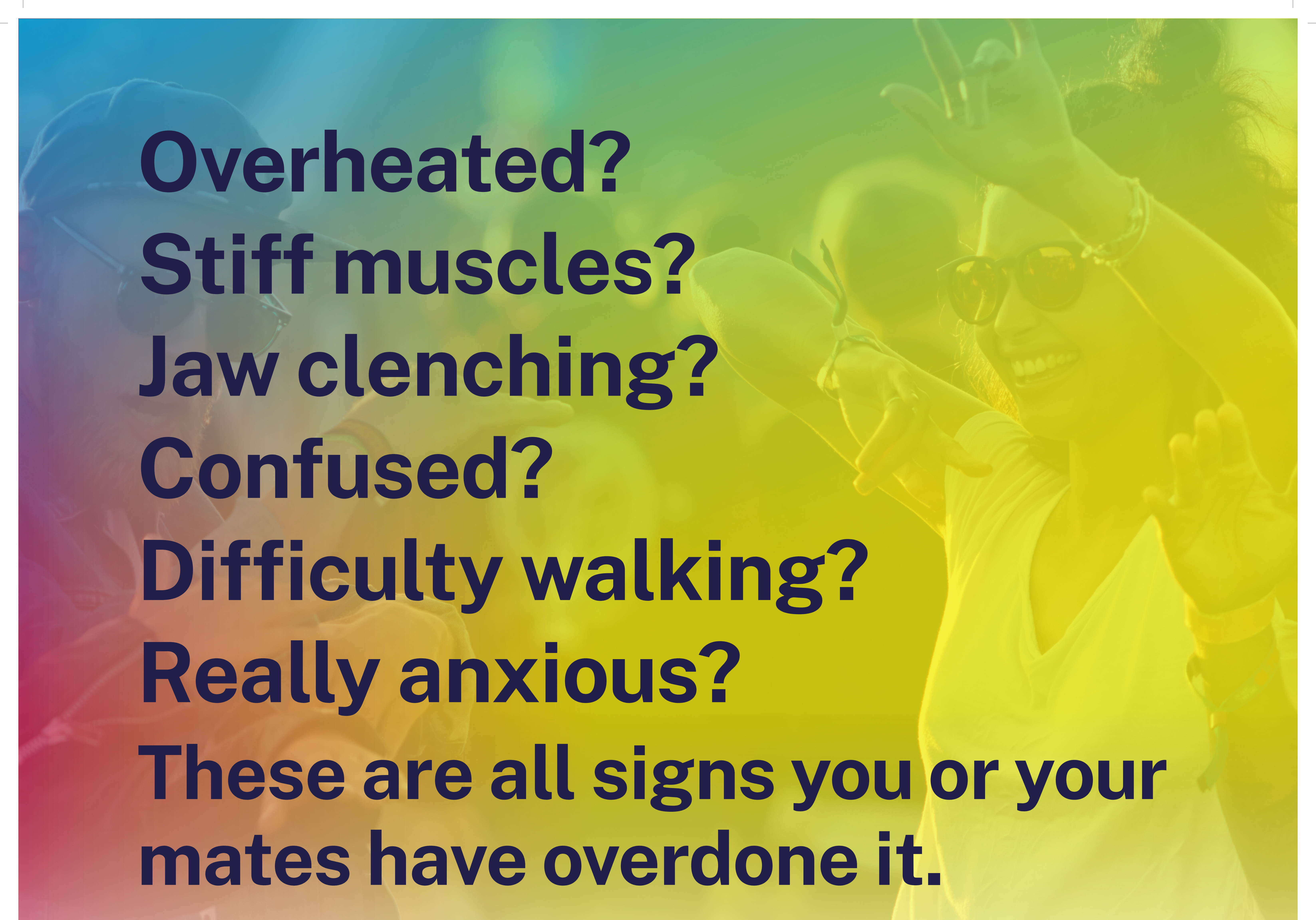
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