



## You can live without **CARBS**

Most people have enough energy stored to run 600 miles.

## You can live without **CAFFEINE**

You might be cranky for a few days, but your body adjusts quickly



## You can live without **CHOCOLATE**

You may feel you have no guilty pleasures left but your waist line will disagree.

But...

YOU CAN'T LIVE WITHOUT

# PAYROLL

Say thank you to the payroll professional at your company during National Payroll Week

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National Payroll Week  
6 December - 10 December, 2010



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