Move more
Handy hints for health and wellbeing inside the classroom

1. Move and stretch
   • Include a brief move and stretch break during long periods of sitting, such as lectures and seminars

2. Take the lead
   • Use the lapel microphone in lectures and seminars to lead discussions while on the move

3. Break it up
   • Encourage group work to allow students to meet and move during longer classroom sessions

4. Tailor the timetable
   • Consult with the timetabling unit to include a change of room after a lecture or tutorial for some brisk movement between classes

Move More, Sit Less working group
Healthy Sydney University
sydney.edu.au/healthy-sydney-university