



# 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](https://sydney.edu.au/healthy-sydney-university)

