



Move more

Handy hints for health and wellbeing outside the classroom

1. Meet and move

- Cycle or walk to our campuses, and get to know other staff and students on your route

2. Take the stairs

- Burn calories, not electricity, by taking the stairs – make sure the lift is free for those who need it

3. Explore the campus

- Enjoy a walking meeting with colleagues, or take some time out between classes to enjoy the natural environment of our campuses

4. Get active at lunch

- Join a lunchtime social sport team through Sydney University Sport & Fitness – it's a fun way to be active while meeting new people in a friendly environment

Move More, Sit Less working group
Healthy Sydney University

sydney.edu.au/healthy-sydney-university

