

10 tips to be more active

At University

1. Take the stairs up and down the floors instead of the lift.



2. Place printers, photocopiers, folders, etc. far enough away from your workplace that you must get up and walk a bit to use them.

3. After sitting in front of the computer screen for an hour, get up, walk and do some stretching. Practice deep breathing (up to three times): inspiration of 5 seconds and expiration of 8 seconds.



4. If you reach for work or study in public transport, get off one or a couple stops earlier to walk. If you arrive by private car, park somewhat far away to walk a bit before starting and finishing your working day. 10 minutes is enough!



5. Move through the different University facilities and faculties on foot or by bike.

6. While you have breakfast or lunch, take the opportunity to do physical activity, especially while having lunch: have a light, quick lunch. If you go to restaurants or bars in the campus, choose those that are far away enough from your workplace, so that you can walk and come back the same way.



7. Encourage your colleagues, working groups and work teams so they take part in physical and sporting activities (hiking, leagues, tournaments, etc.).



8. When organizing conferences, congresses or meetings of any kind, make sure they include moments to relax, stretch, reactivate your breathing, move, emphasise with your colleagues, etc.

9. Organize "active" meetings, whenever possible. Strolling through the campus, relaxing at the spa, playing paddle, tennis or golf, or favouring the existence of places for recreation and gathering within the buildings with active resources (table football, table tennis, etc.).



10. While you are talking on the phone, take the chance to walk and breathe better.