

# 10 Recommendations

## for a motion-oriented behaviour

### The current situation challenges us!

1. Structure and visualize your day. Plan breaks in your movements and control yourself.
2. Use hygiene times such as washing your hands and brushing your teeth as a successful change and move yourself (e.g.: stand on one leg to train your balance)
3. Do a small 3 minute workout in the morning after getting up.
4. Change your clothes for the working hours in your home office. Separate working and private times also by changing clothes.
5. Try to minimize sedentary activities. Try to work standing up as often as possible. Take regular breaks when working. Stand up, stretch and stretch yourself (e.g.: 3 minute breaks for a few push-ups or knee bends).
6. Try to go out in the fresh air for at least 15 minutes twice a day to be active (hiking, jogging, cycling, ...).
7. Go to the website UniSport: <https://www.uni-weimar.de/sport>---> Video and do a workout 3 times a week.
8. Eat a healthy diet. Drink enough tea and unsweetened drinks.
9. Switch off. Get away from computer work, home office/video and telephone conferences. Read a book, listen to music and relax.
10. Do all necessary things by bicycle or on foot.

Your UniSport Team  
March 2020