DON’T JUST SIT, GET UP AND BE FIT!

Take an active break in university

University students spent a lot of time sitting and studying, this can make them less physically active.

Physical activity is good for your health, concentration, mood and can have a good effect on your study results! Even small things can help you to get more physically active:

• Take the stairs instead of the elevator
• Get active during university breaks
• Go to university by bike