**Activity break @ online meeting for SHE coordinators on 11th June 2020**

As you know, we all are sitting too much. In Flanders, we are sitting an average of more than eight hours a day: at home, at school and at work. Even when we are on the road, we are in the car or on the train and in our free time we play with the computer, go to the cinema or read a book.

Every day is an invitation to sit. And that's not okay: a healthy day consists of a healthy mix of sitting, standing and moving.

So, get up, stretch your legs and move!

Activity breaks are well established in the Flemish schools. The activity breaks increase the attention, the learning pleasure and in no time the students have more energy again.

Also during the corona crisis we made a strong effort to promote this activity breaks during distance learning. For nursery, primary and secondary education for example we offer videos that can be used in the classroom or during distance learning.

So what are we waiting for?

I’ll show you a video made for secondary education and I hope you all participate. The video is in Dutch, but you can just copy it.

To start we should sit in the front of the chair, your feet flat on the floor, your knees 90 degrees, your hands on your thighs, shoulders relaxed, straight back and breathing in and out.

You can turn off you camera if we are not allowed to see you 😊.

Don’t forget to turn it back on afterwards.

Let’s start: [video](https://www.youtube.com/watch?time_continue=105&v=u2-OGavzZ60&feature=emb_logo)
Do we have another 45 seconds? Yes? Then I will also show you a video for the toddlers: [video](https://woogieboogie.be/nl/moves/goofys-dolle-dans/)

Useful links:

* [Video’s for toddlers + teaching materials on sedentary behaviour](http://www.woogieboogie.be)
* [Video’s for primary and secundary education](https://www.moev.be/beweeg-mee/aanbod-tijdens-de-lessen/bewegingsvriendelijk-lesgeven/bewegingstussendoortjes)
* [Exercise tips for students during and between distance learning](https://www.moev.be/moevinuwkot/)
* [Healthy school website in Flanders](http://www.gezondeschool.be)
* [Education guides on health topics](https://www.gezondleven.be/leerlijnen)
* [Recommendations for moving and sedentary behaviour in Flanders](https://www.gezondleven.be/themas/beweging-sedentair-gedrag/bewegingsdriehoek)

