

Improved wellbeing and learning outcomes by taking a break from staying still in higher education institutions

Why should we take a break from sitting and staying still?

1. In the entire adult population, students in higher education have been found to sit most of all; over 10 hours per day on average. Only 16% of them sit less than 8 hours per day.
2. Meeting the recommended exercise targets cannot prevent the health hazards related to excessive sitting. Only taking breaks from sitting can do that – but it is enough to take a short break from sitting every 30 minutes!
3. Even a small amount of exercise can increase the oxygen levels in the brain a great deal, which leads to improved concentration, more effective processing of information and a better memory, i.e. **better learning outcomes**.



OPISKELIJOIDEN
LIIKUNTALIITTO

www.oll.fi
[@liikuntaliitto](https://twitter.com/liikuntaliitto)



How do you take teacher-led breaks from sitting and staying still?

- **GIVE PERMISSION AND ENCOURAGE**
the students to stand during the lecture or get up every now and then. Mention this at the start of every session. This reduces sitting by up to 60%!
- **LEAD BY EXAMPLE**
by standing up when teaching if possible.
- **STANDING DISCUSSIONS**
Get the students active and deepen their learning by having group discussions while standing up.
- **GET THE STUDENTS UP**
from their chairs once every 30 minutes. Promote standing up and changing position. We should avoid sitting for too long, but also standing still for too long.
- **REFRESH**
through a few activating moves or show them a short workout video on YouTube.
- **WALK TO THE MATERIALS**
The teacher does not hand out the materials, but the students have to come and get them.
- **PHYSICAL VOTING**
Vote by giving body movements as options.
- **STANDING OVATION:**
Take every opportunity for applause, and do it standing up. Kill two birds with one stone: show appreciation and be physically active.
- **STANDING UP WHEN SPEAKING**
Ask students to stand up when they are addressing the class



Remember!

- Adopt these measures slowly
– try them out and get used to them!
- Adapt them for students with physical disabilities
– you can also move in a wheelchair.
- Register your higher education institution as a
School on the Move!
<https://liikkuvakoulu.fi/english>

More information:
Anni Liina Ikonen

Special Advisor for University Sports
anniliina.ikonen@oii.fi / 044 780 0219