



DON'T SIT CONSTANTLY, LET'S STRETCH !

At least once during the change of learning hours so that the body relaxes

What is Stretching?
Activities to perform movements that aim to flex or relax rigid body parts

Examples of Stretching Movements



Benefits of Stretching



Stress relief



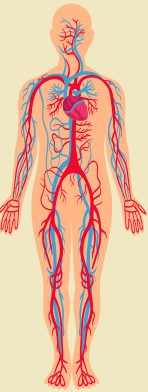
Restore focus



Improve body posture



Avoid injury



Improve blood circulation

Each movement is held for 8-10 seconds and repeated 2-3 times

Impacts of Sitting for Too Long Without Stretching



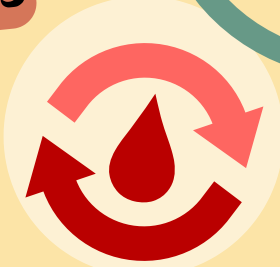
Prolonged stress



Difficult Focus



Muscle behavior



Blood circulation is hampered