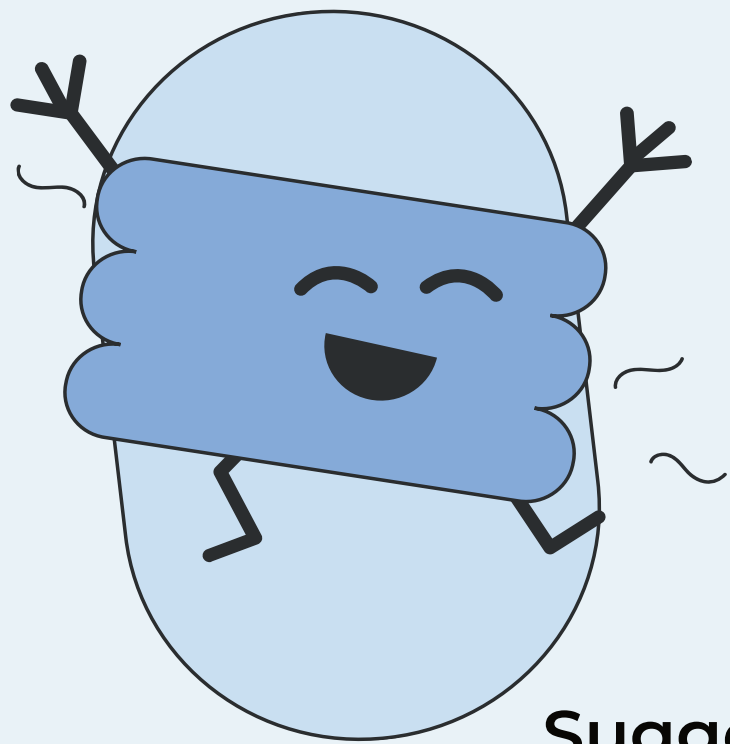


# IT'S VITAL THAT YOU MOVE!



Find suggestions for  
your mental health  
support at [peaasi.ee](https://peaasi.ee)

## Suggestions for experiencing fun movements

- Fidget!
- Be playful and build an obstacle course from your workspace to your toilet. Add up how many toilet breaks you would need to get at least 20 minutes of moderate intensity activity pauses every day.
- Dance while making breakfast, hanging out your washing or putting on your shoes...
- Learn to juggle, jump rope, spin a basketball on your finger...
- Who remembers the games from your childhood? Try out tag, dodgeball or hopscotch. Teach them to your children!
- Face yoga! The best time for face yoga is during video meetings!



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