



# Remote Learning Health Tips

# Keeping student's bodies feeling good during remote learning

In today's remote learning environment students are sitting for long periods of time, focused on a screen and often scrolling, typing, clicking rather than writing.

Here is some information to keep bodies healthy during this time:

Washington Post article: <https://www.washingtonpost.com/lifestyle/2020/09/10/remote-learning-ergonomics-eye-health/>

Stretch guide: <https://www.kensington.com/siteassets/blog/2019/12-december/stretchguide-allcombined.pdf>

Ergonomics webinar: <https://www.youtube.com/watch?v=nyKyMFt66c4>