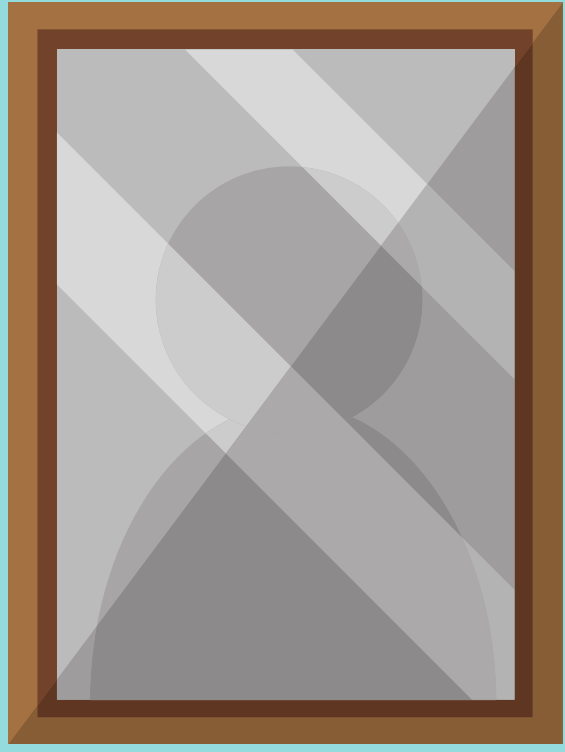


Tips For Staying Active During the Teaching Day



Get moving when you can! Go on a walk during breaks or during meetings.

Utilize a stability ball as a chair or use a standing desk.

Join in on games and activity breaks with your students whenever possible.

For more activity ideas, follow us on Facebook and Twitter @PAHPLabUNOmaha