

# Fit at the office 2.0

Simple and effective exercises for your wellbeing



via Zoom  
every Tuesday, 12:45 pm  
Dr. Andreas Petko  
Imke Ostermeier-Kittel

Julius-Maximilians-

**UNIVERSITÄT  
WÜRZBURG**



**GESUNDE  
HOCHSCHULE**

## Fit at the office 2.0 - Simple and effective exercises for your wellbeing

Sitting at a desk or in front of the computer screen for long periods of time can lead to tension and pain, especially in the back area. To prevent this, it is important to incorporate **regular short breaks** into everyday work - e.g. standing up, going to the printer or walking around while phoning.

In addition, there are a variety of **simple exercises** for **stretching** and **relaxing** that can help relieve tension or prevent it from occurring in the first place.

Every Tuesday, Dr. Andreas Petko offers a **short online exercise break** for all employees - join in and get moving!

**Instructors:** Dr. Andreas Petko, Hochschulsport  
Imke Ostermeier-Kittel, Team Gesunde Hochschule

**Organisation:** Hochschulsport

**Dates:** every Tuesday, **12:45 pm**, duration approx. 10 Minutes

**Registration:** You may register at any time [via this link](#).

Following your registration you will be sent a confirmation with the dial-in data for the Zoom meeting.

### Topics:

Exercises for **back, shoulder, neck** and **wrist problems**

**Breathing exercises** for better oxygen supply

**Strength building**

**Cardiovascular exercises**

Exercises for **better coordination**

Much more