

# ***Health tips for online teachers***

- ☐ Do morning exercises.
- ☐ Exercise your eyes before every online lesson.
- ☐ Eat a lot of fruit and drink squeezed juice every day.
- ☐ Sit straight.
- ☐ Walk at least 5-10 minutes after each lesson.
- ☐ Get out of the house at least every two days.
- ☐ Incorporate a shutdown ritual to signify the end of your workday.
- ☐ Use a contour back pillow.
- ☐ Make the most of your breaks.
- ☐ Do sports twice a week.
- ☐ Go for a walk just for fun.
- ☐ Go out! Meet with your friends every week.