The AKTIVPAUSE is coming into your home office

In general and especially during self-structuring times in your home office, frequent interruptions of sitting are necessary and important to feel permanently comfortable and productive. Due to the current circumstances, we would like to support you thereby by transferring the Aktivpause into your home office online via zoom!

Every Monday: 1:45 pm – 2:00 pm:
https://zoom.us/j/96781382881?pwd=bytESm13dTJGajdpVzVwTkZDUHY2dz09
Meeting-ID: 967 8138 2881 Password: aktiv20

Every Wednesday: 11:15 am – 11:30 am:
https://zoom.us/j/97632108157?pwd=RHVCaSS9tQmRXQnpzWDdPLzBJSFVNZz09
Meeting-ID: 976 3210 8157 Password: aktiv20

*except on public holidays

To participate, simply follow the respective link, whether via smartphone, laptop or computer. It is a free offer and tentatively available until further notice.

Regarding the use of zoom by KIT staff members, the same data protection information applies as for students. These can be found at: http://www.zml.kit.edu/zoom-studierende.php. So it is up to you to participate with sound, your video and/or your own name.

Would you like to participate regularly?
Simply transfer the appointment series to your calendar to be reminded regularly:
- Monday courses (1:45-2:00pm): click here
- Wednesday courses (11:15-11:30am): click here

If you have questions, problems or suggestions, please contact us by mail: aktivpause@kitsc.de.

We are looking forward to having you join us!

Your Aktivpause-Team

Contact
Dr. Claudia Hildebrand & Lena Panter
Institute for Sport and Sports Science

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About the Aktivpause
The active break is a 15-minute low-threshold exercise program at the workplace that was developed in 2012 by the KIT Institute for Sport and Sports Science in cooperation with the Health Network. Meanwhile, about 65 groups of KIT staff members already use the offer. One unit includes a mix of mobilization, stretching, strengthening, coordination, loosening, and relaxation exercises for the entire body. Various fitness-specific small devices such as Thera bands, sandbags, and hedgehog balls provide variety and keep the fun factor high.

Now on Instagram: @aktivpause_kit
For more information about the modules of the Aktivpause click here.

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