

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!

LIVE*

Every Monday & Thursday, 1:45 pm – 2:00 pm:

<https://zoom.us/j/96781382881?pwd=bytESm13dTJGajdpVzVwTkZDUHY2dz09>

Meeting-ID: 967 8138 2881 Password: aktiv20



Every Tuesday & Wednesday, 11:15 am – 11:30 am:

<https://zoom.us/j/97632108157?pwd=RHVCaS9tQmRXQnp2WDdPLzBJSFVNZz09>

Meeting-ID: 976 3210 8157 Password: aktiv20

*except on public holidays and between 21.12.20 – 04.01.21

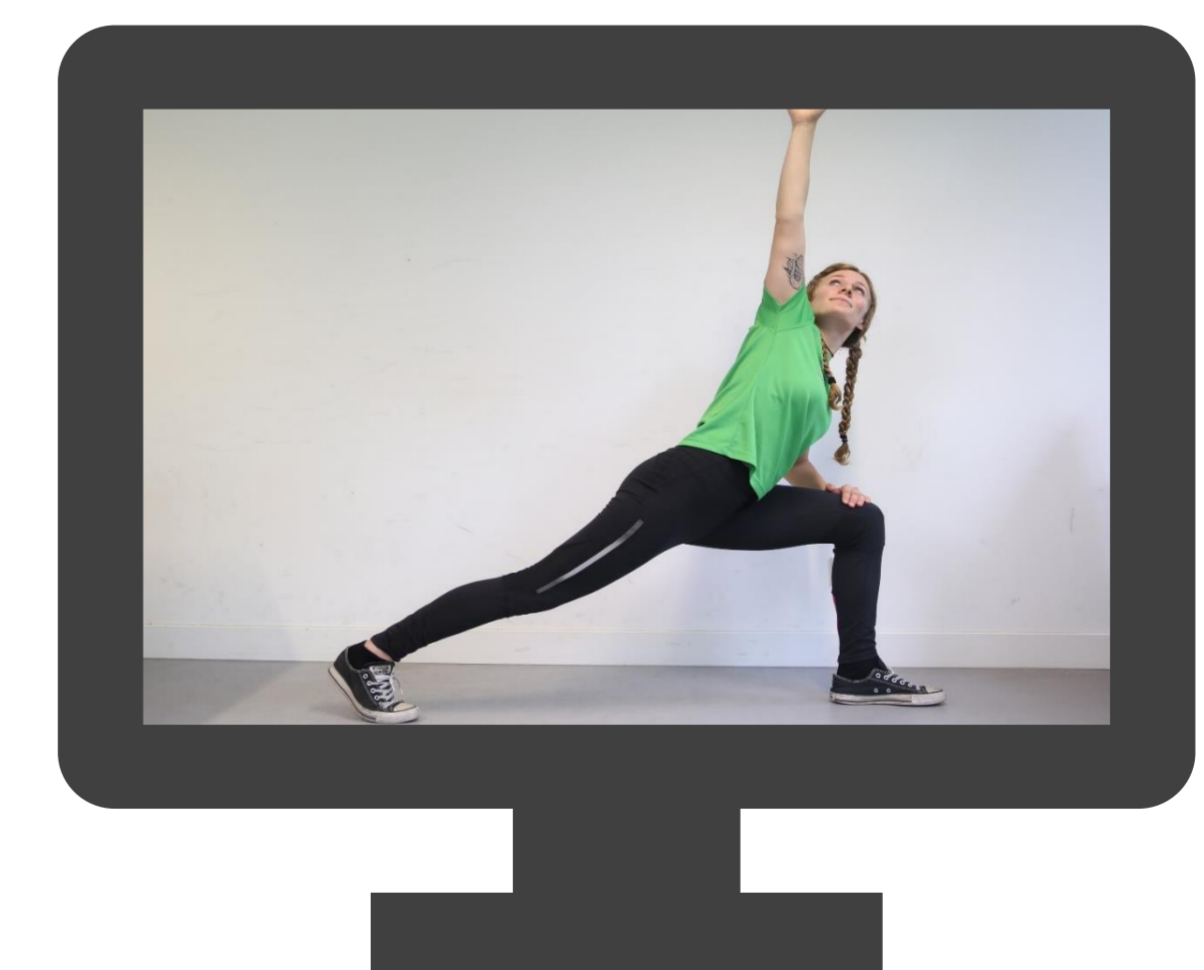
To participate, simply follow the respective link, whether via smartphone, laptop or computer. It is a free offer and tentatively available until further notice.

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:

- Afternoon courses (1:45-2:00pm): [click here](#)
- Noon 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

Supported by

+ FIT IM KIT
MIT KÖRPER, GEIST & SEELE

Further online offers of the Aktivpause

Do you already know the new SECUSO Privacy Friendly App "[Aktivpause to Go](#)" (so far only for Android)? The app enables you to take breaks from your activities independently to integrate a targeted time-out into your daily work routine.

Furthermore, [videos und best of the Aktivpause](#) are available on the network page.

 Now on Instagram: [@aktivpause_kit](#)

For more information about the modules of the *Aktivpause* [click here](#).

November 2020