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TAKE CARE OF YOURSELF, EXERCISE!

Take five minutes of your day and follow these steps.

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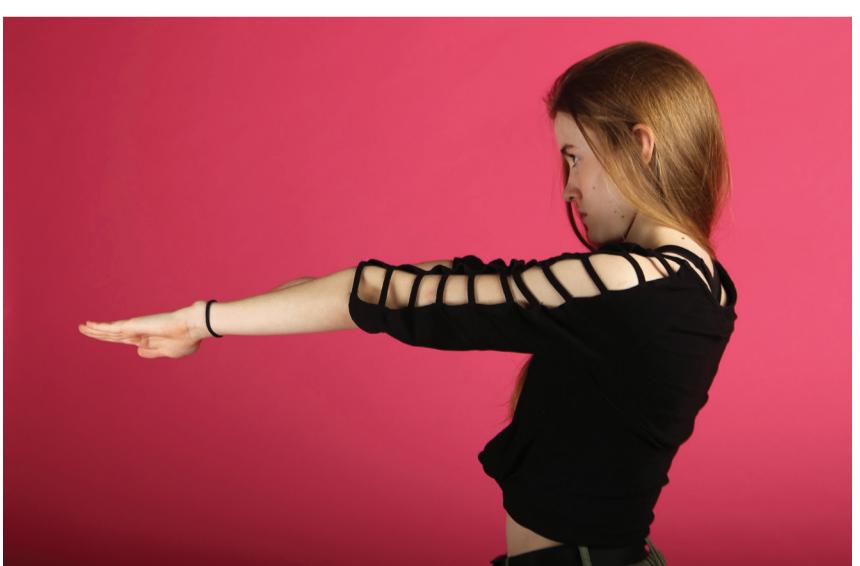
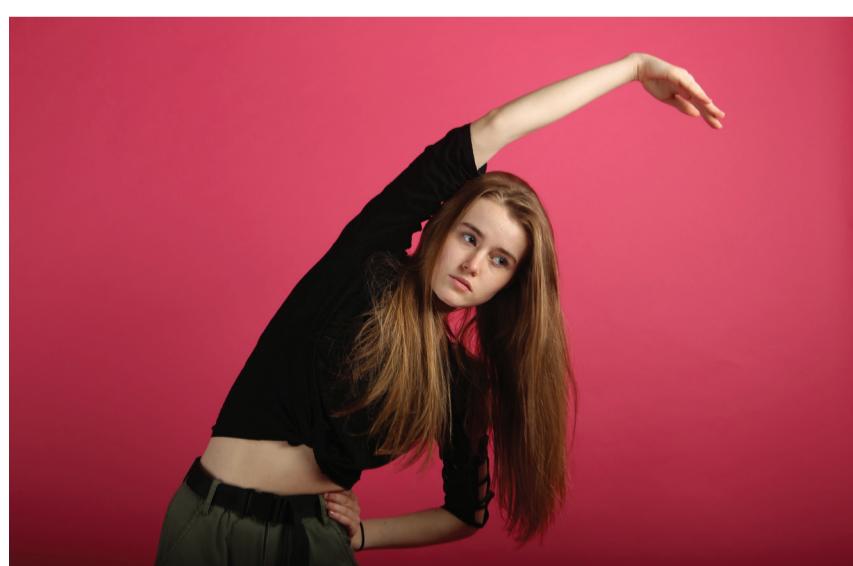
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**Turn your head to the right to stretch your neck muscles and repeat the same action to the left.
Tilt your head to the left and to the right.**



Tilt your head forwards and backwards for 10 seconds to stretch and relax your muscles.



**Stretch your arms and your back on both sides.
Pull your shoulders forward.**



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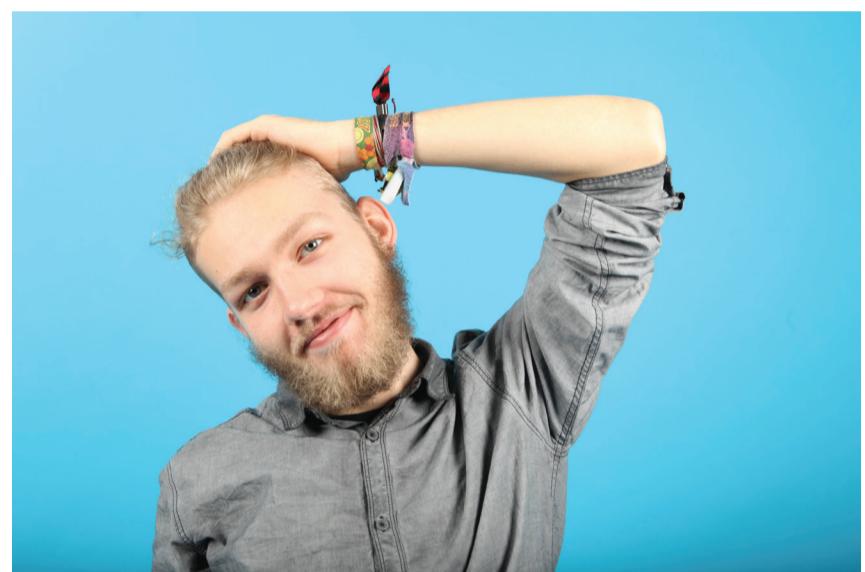
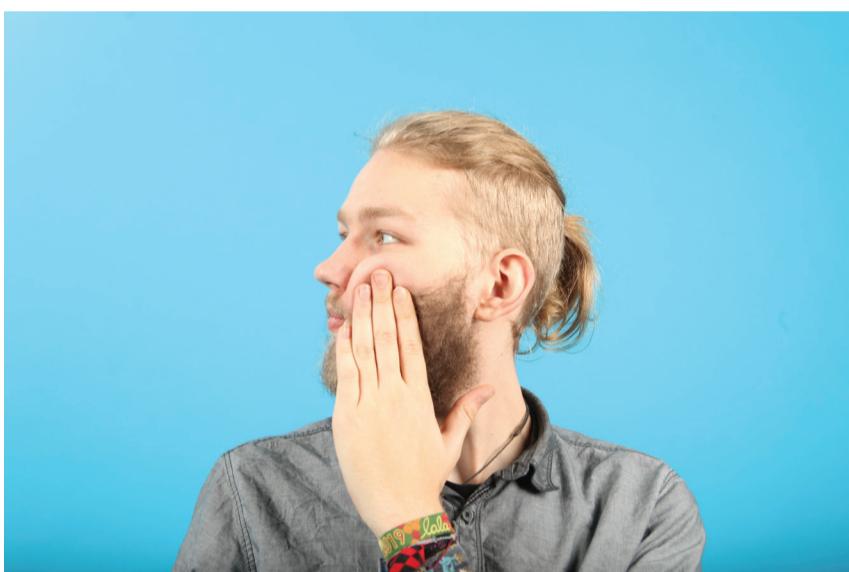
POSKRBI ZASE IN TELOVADI!

Vzemi pet minut svojega dneva in sledi naslednjim korakom.

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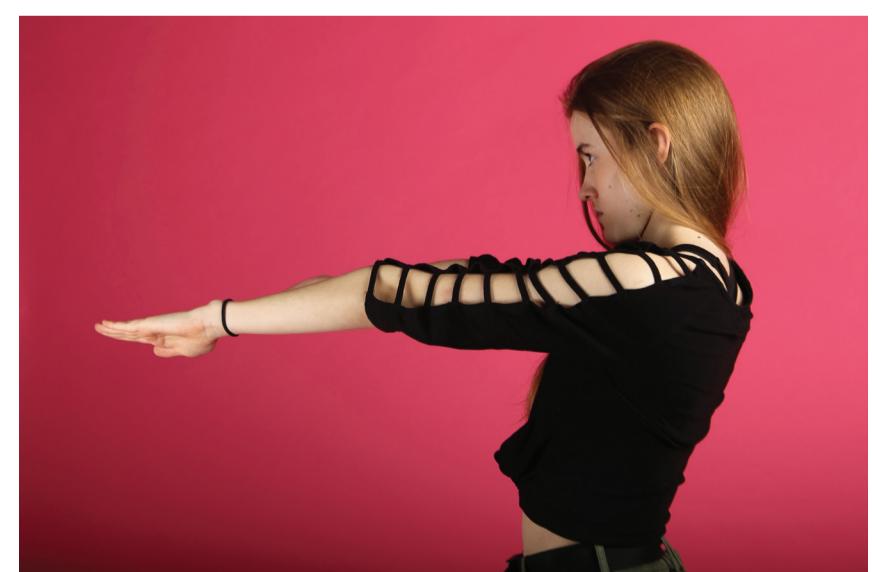
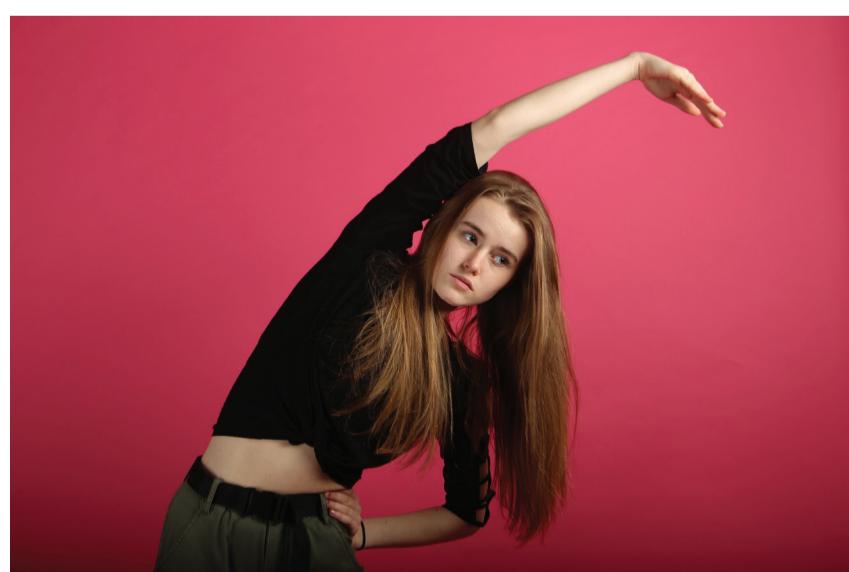
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**Obrni glavo na desno, da raztegneš vratne mišice in ponovi vajo tudi na levo.
Nagni glavo na levo in na desno.**



Nagni glavo naprej in nazaj in ostani v tem položaju 10 sekund, da raztegneš in sprostis mišice.



**Iztegnji roke in hrbet na obe strani.
Iztegnji ramena naprej.**



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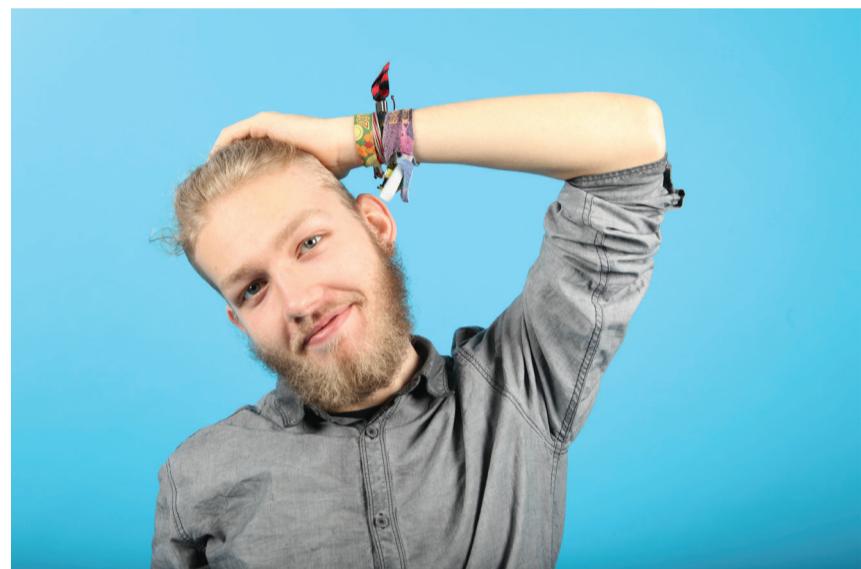
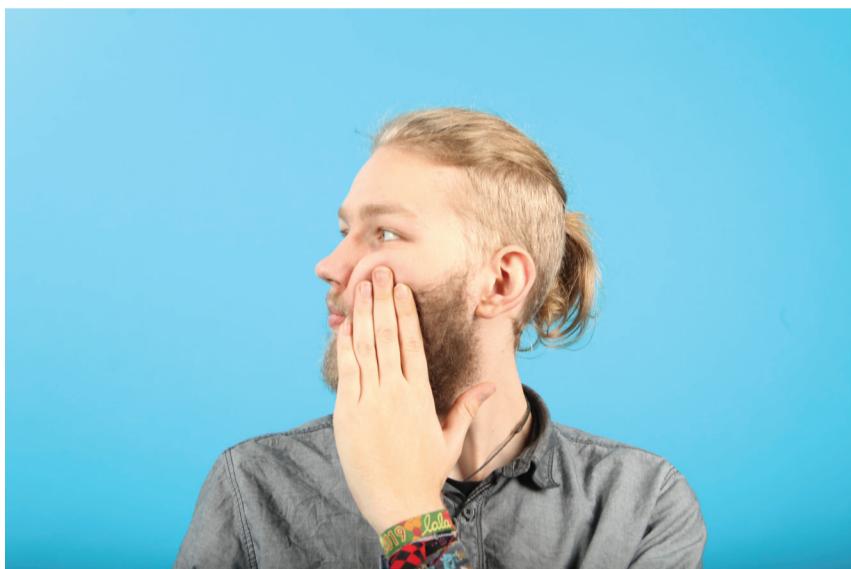
PREUZMI BRIGU ZA SEBE, VJEŽBAJ!

Izdvoji pet minuta svakog dana kako bi pratio/la ove korake.

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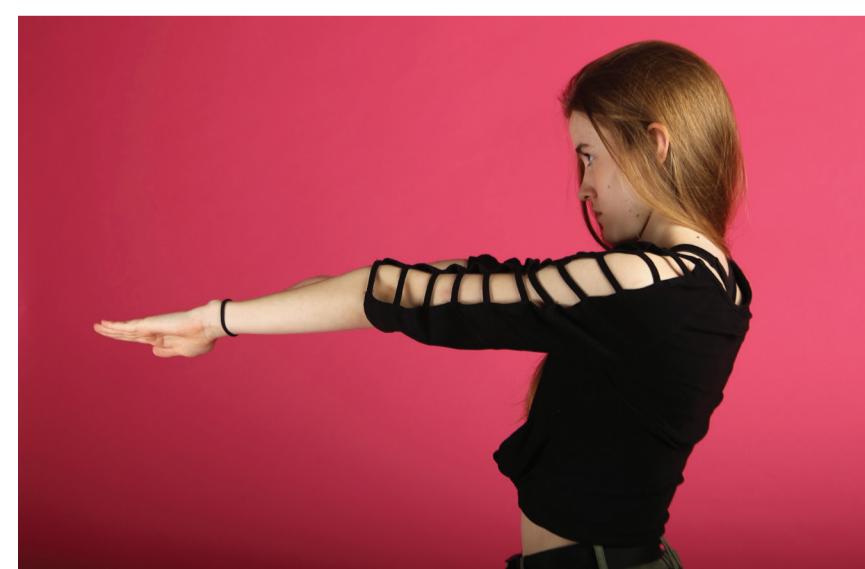
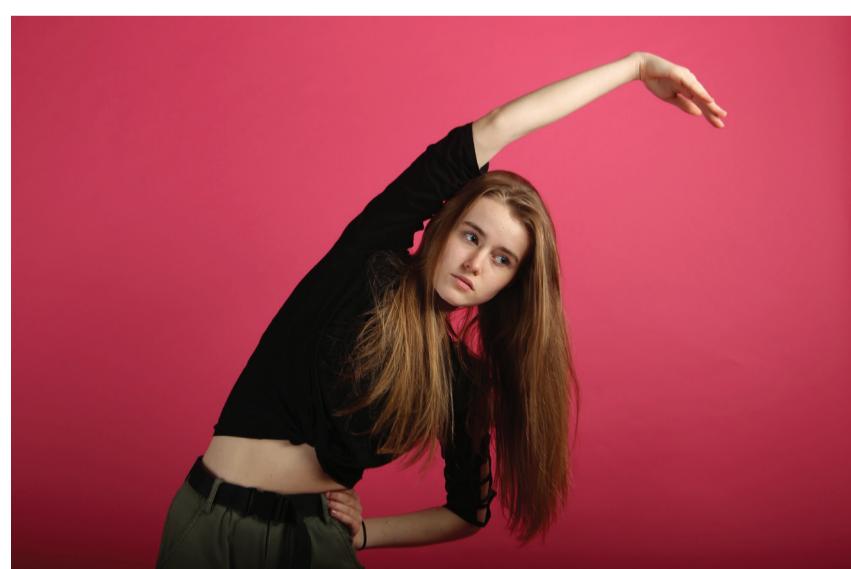
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Okreni glavu lijevo pa desno kako bi istegao mišiće vrata, ponovi to par puta.



Nagni glavu naprijed i nazad na 10 sekundi kako bi istegao/la i opustio/la mišiće glave.



Istegni ramena i leđa na obe strane , ponovi to 3 puta.



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KÜMMER DICH UM DICH SELBST, TRENIERE!

Nehme dir *Fünf Minuten* Zeit, um die folgenden Übungen zu machen.

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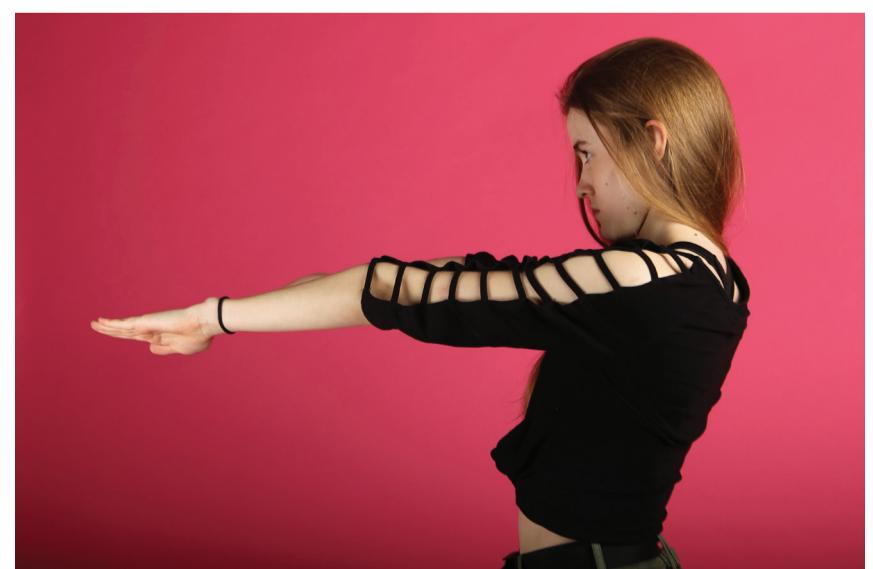


Drehe deinen Kopf nach links für 10 Sekunden, wiederhole diese Übung in die entgegengesetzte Richtung.

Dehne dein Nacken nach links und nach rechts.



Beuge deinen Kopf nach vorne und nach hinten, für 10 Sekunden, um dein Nacken zu dehnen.



**Strecke deine Arme und dein Rücken zu beiden Seiten.
Ziehe dein Schultern nach vorne.**



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TA VARE PÅ DEG SELV, TREN!

Ta fem minutter ut av dagen din og følg disse instruksjonene

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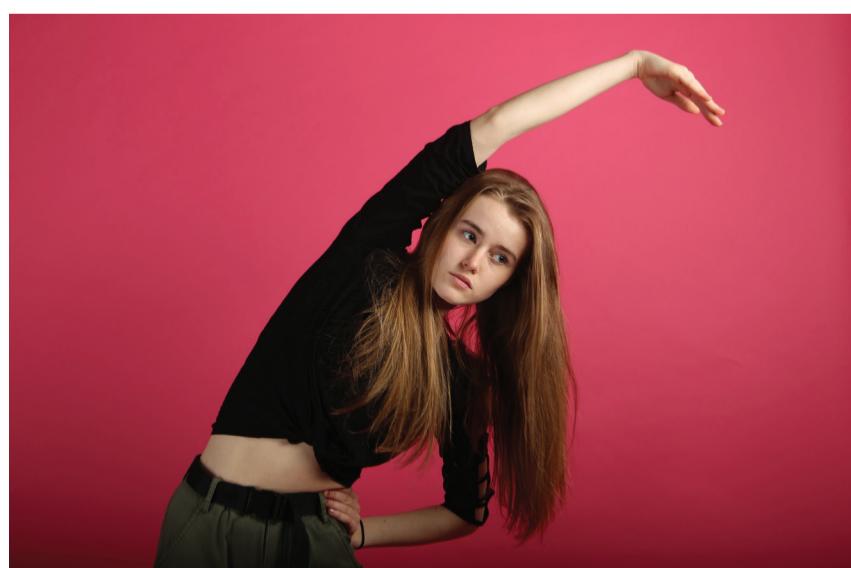
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**Snu hodet mot siden for å strekke nakkemusklene, repeter til den andre siden
Tilt hodet mot høyre og venstre.**



Tipp hodet forover og bakover for 10 sekunder for å strekke nakke og hals musklene



**Strekk armene over hodet for å strekke siden.
Strekk armene forover for å strekke de øverste ryggmusklene.**



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**TAKE
CARE OF
YOURSELF,
EXCERISE!**

People who spend a lot of time behind computers, tend to have back problems. It is a good idea to exercise whenever you can. We created some exercises to keep you healthy.



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