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THE NEW WAY TO DO UNI

## VU'S 10/10 SERIES



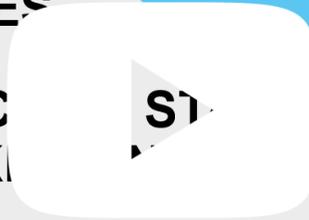
Dear Career Practitioner,

Welcome to week three of Victoria University's 10/10 Series. While COVID-19 restrictions mean that being able to hit the gym is still a few weeks away, staying fit and active is as important as ever. This week we chatted with Director of Teaching & Learning, Sharna Spittle, about why exercise is so vital to our health and our mental wellbeing.

Watch the video below to learn more.

VU'S 10/10 SERIES

THE IMPORTANCE  
ACTIVE IN LOCKDOWN



THE NEW WAY TO DO UNI



### **Can you make time for 50 mins of exercise a week?**

Research from VU's Institute for Health & Sport reveals that [running for as little as 50 minutes a week](#) can significantly lower the risk of death, however it's not only our physical health that can benefit from exercise. Dr Michaela Pascoe share how mindfulness and physical activity can improve your mental wellbeing in this [20 minute video](#).

### **Free online fitness sessions at VU**

Struggling without the motivation of a personal trainer? Join VU Sport for a free [community online training session](#) or get your students and kids moving along with their sporting heroes in [Kids Active Recess](#). If getting out of the house or the office during the day isn't an option, here are our suggestions for [household items you can use in your next workout](#) and some [quick seated stretches](#) to help you reset and refocus in between classes and meetings.

Has this info been helpful? Give us your feedback [here](#).

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