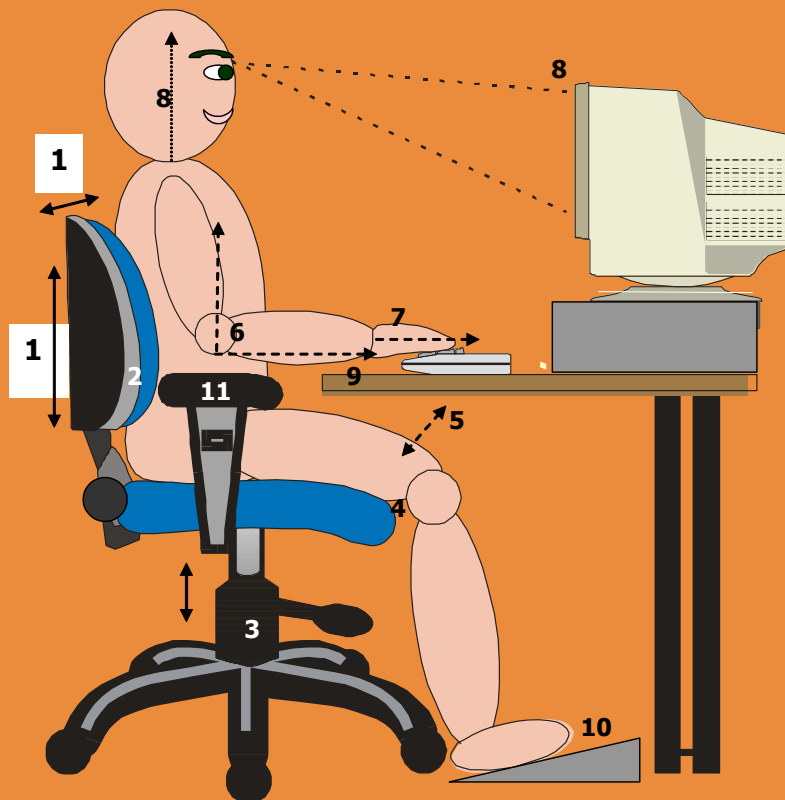
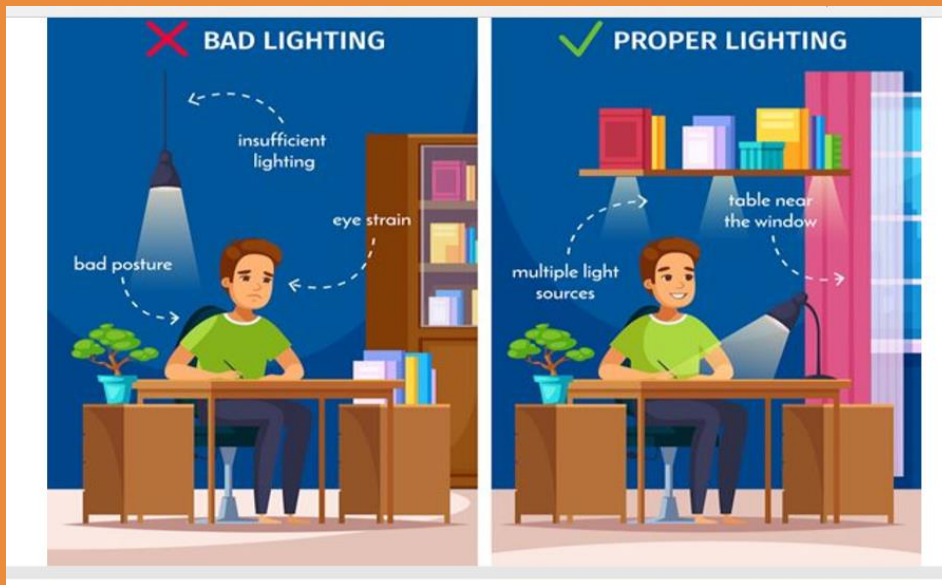


Studying Online Health & Well-being Advice

✓ Adopt the correct posture



- ✓ Ensure you are in a place with good lighting



- ✓ Keep your workspace clean and organised
- ✓ Find a space away from noise and any unnecessary distractions
- ✓ Establish a good routine
- ✓ Exercise daily
- ✓ Enjoy healthy foods
- ✓ Get enough sleep

✓ Ensure you stretch regularly

