



To all University of Ljubljana employees and students
2020

Date: 26 October

Rector's address to all employees and students regarding physical activity during the spread of coronavirus infections

Dear employees and students,

Stricter measures aimed at preventing the spread of coronavirus infections are challenging not only in terms of carrying out study-related and other activities at the University of Ljubljana, but also in terms of how we organise our daily routines. In the circumstances that often force us to work at a computer, it is especially important for us to make time for quality exercise. Regular physical activity strengthens our immune system and has a beneficial impact on our spirits, particularly during these times which are stressful for many of us.

I therefore encourage you to find, in line with the current [restrictions on the implementation of sports and recreational activities](#), activities and the space that suit you and create a daily routine consisting of at least 30 minutes of exercise that gets your heart pumping and makes you work up a sweat. Our country's abundant natural resources are perfect for this purpose; alternatively, you can introduce exercise breaks into your work at home. Feel free to help yourselves with the materials available on [the Faculty of Sport's website](#).

Sincerely,

Prof. Igor Papič
Rector

Sent to:

- All addressees by email;
- Archives.