

# Stretch Breaks

- **Stand Up! The Work Break Timer App by Apple:** This is a free, flexible, fun work break timer that fits any schedule. Compatibility: Requires iOS 8.0 or later. Compatible with iPhone, iPad, and iPod touch. Download through the App icon.
- **Timer on phone or watch:** Set a timer and do some stretches in a standing position.
- **RSI Guard Stretch Edition Software:** This is not a free software program and matching funds does not apply. For a one time fee of \$65, this robust software program offers a BreakTimer, ForgetMeNots, AutoClick (hands free mouse clicking) and a great selection of stretches. There is also a free 45 day trial period to test it out. Please check with your supervisor and IT personnel prior to downloading the trial or purchasing [RSI Guard](#) (Compatible for both PC and Mac).
- **[Move More Handout](#):** Find ways to incorporate more movement into your day