

Stretch Break Software

Click on this link for stretches: <https://ehs.ucsc.edu/programs/ergo/stretch.html>

- **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. For more information click on this link: <http://www.rsiguard.com/> (Compatible for both PC and Mac).
- **Move More Handout:** Click on this link for ways to incorporate more movement into your day https://uhs.berkeley.edu/sites/default/files/move_more_handout_0.pdf