**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.
* **“Break Timer” or “Micro Breaks” on Google Chrome:** These are simple and *free* break timers for Macintosh and PC computers that can be downloaded as extensions. Copy and paste this link <https://chrome.google.com/webstore/category/extensions?hl=en> into your Chrome browser to access. Search for Break Timer or Micro Breaks and install the extension.
* **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>