Apps

These applications are not endorsed by the University of Florida in any way. This list is provided as a guide for additional resources and for personal use only.

Android Phones and Tablet Apps
- Stretching & Eye Exercises - Reminders to stretch and rest your eyes from the computer screen
- Office Workout: Exercises - Simple office workout ideas to give your body and eyes a rest from being at your desk
- Randomly RemindMe - Set any kind of reminder to stand up, form a new habit, drink water, etc.
- Twenty: Stand up every 20 mins - Reminders to stand up and move every twenty minutes
- Postrainer-Posture Exercises - Reminders to sit up straight and fix your posture.

iPhone and iPad Mobile Apps
- Move-Daily Activity to Stay Healthy - Get reminded every so often to stand up and do a little exercise
- Stand Up! The Work Break Timer - Customizable intervals to fit your work schedules that send you reminders to stand up

Desktop Applications for Windows
- Eye Leo - Take short eye breaks from your computer screen
- Big Stretch Reminder - Reminders to stretch and take a break
- Awareness - Small audible reminders of how long you’ve been sitting or in one position - Works on Mac as well