

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