

Tension, headaches or tired eyes caused by long periods of sitting, one-sided movements or missing breaks?

With **froach - your conscious break** you can increase your wellbeing anywhere - at work, in the break room or at home.



## Your first steps with **froach**



Log in with your business e-mail address using the license link or the invitation link



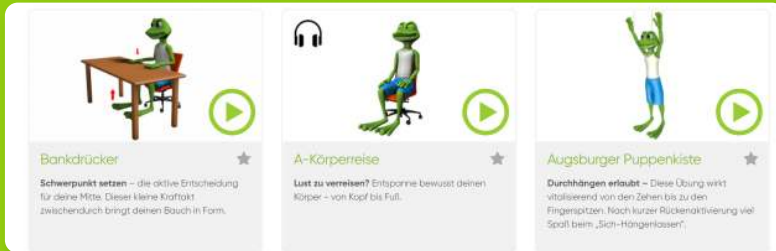
Play first exercises and short breaks



Choose your favorites by clicking the star



Set up reminders for your preferred times during the day

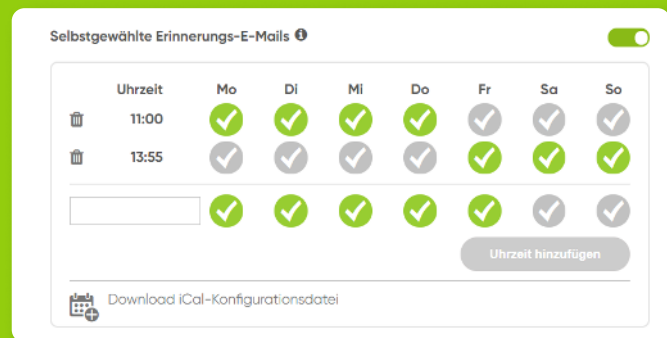


**67 exercises and  
over 20 short breaks**

Back, eyes, shoulders &  
neck, coordination and  
more

## Reminders

Determine your individual  
practice times



## Mobile on the move

Can be used anywhere on a  
smartphone or tablet

