

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

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



Your first steps with **froach App**



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



Play first exercises and short breaks

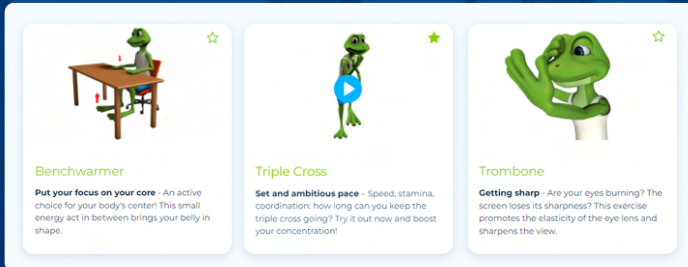


Choose your favorites by clicking the star



Set up reminders for your preferred times during the day

app.froach.de

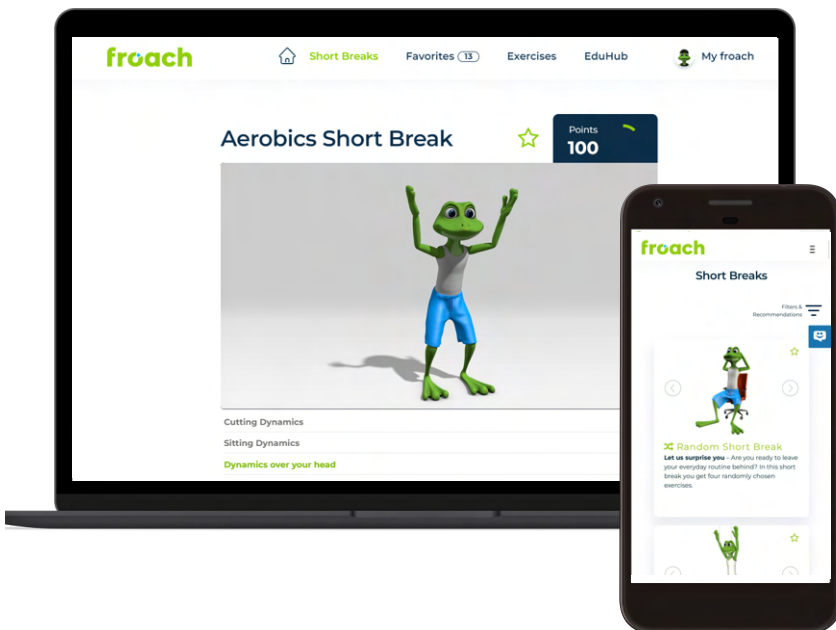
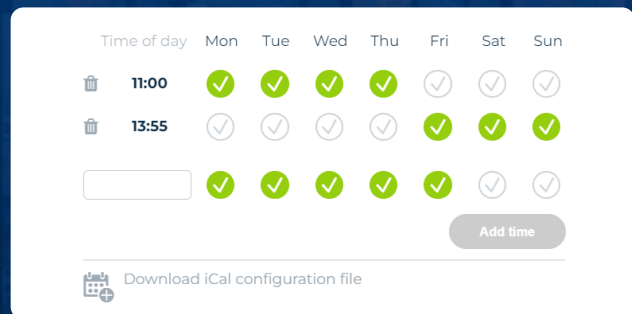


67 exercises and over 20 short breaks

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