

Using Stretch Break

After installing Stretch Break, the "Time to Stretch" screen will appear in 30 minutes (default). With a single click you can choose to Begin Stretch, Cancel this Stretch, or delay the stretch for one minute or five minutes.



If you choose "Begin Stretch," the exercise screen appears. An example of this screen can be found on the opposite page.

The figures show you the exercises that you are encouraged to do along with the animation on the screen. Each Stretch Break session will show three (default) short exercises, each lasting 15 to 30 seconds so you are back to work in a minute or two feeling refreshed.

As each session begins, the program determines the last stretch you did, and then starts you on the next stretch in the sequence.

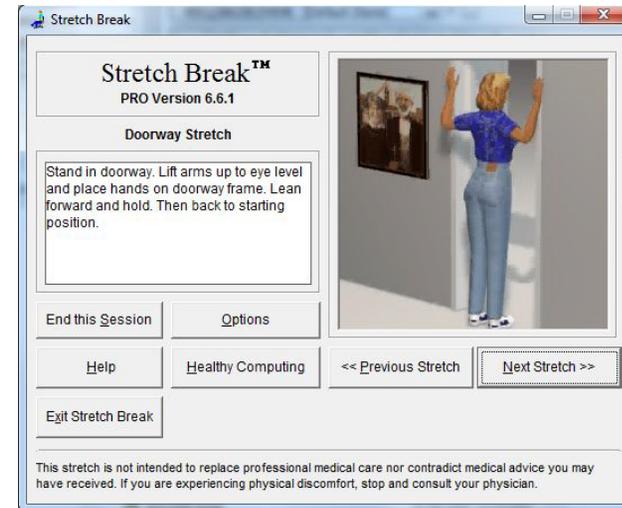
If you wish to start the exercises before the "Time to Stretch" screen appears, click on the icon that appears in the lower right of the desktop.



ErgoReminders

At the end of each break an ergonomic reminder message will be displayed.

The Main Screen



Along with animations, this screen also has the following options.

End this Session:

You will return to the application you were working on before you started Stretch Break. The "Time to Stretch" screen will appear again in 30 minutes, unless you have used the option screen described on the following page to change this interval.

Exit Stretch Break:

Stretch Break will be removed from Windows and will not automatically come up again during this Windows session.

Healthy Computing:

A screen appears with guidelines for setting up an ergonomically correct workstation and hints on how to avoid injuries when using your computer.

Help: The HELP file will appear.

Previous Stretch: The previous stretch will start.

Next Stretch: The next stretch in the sequence will start.

Options: Opens the Options Dialog box.